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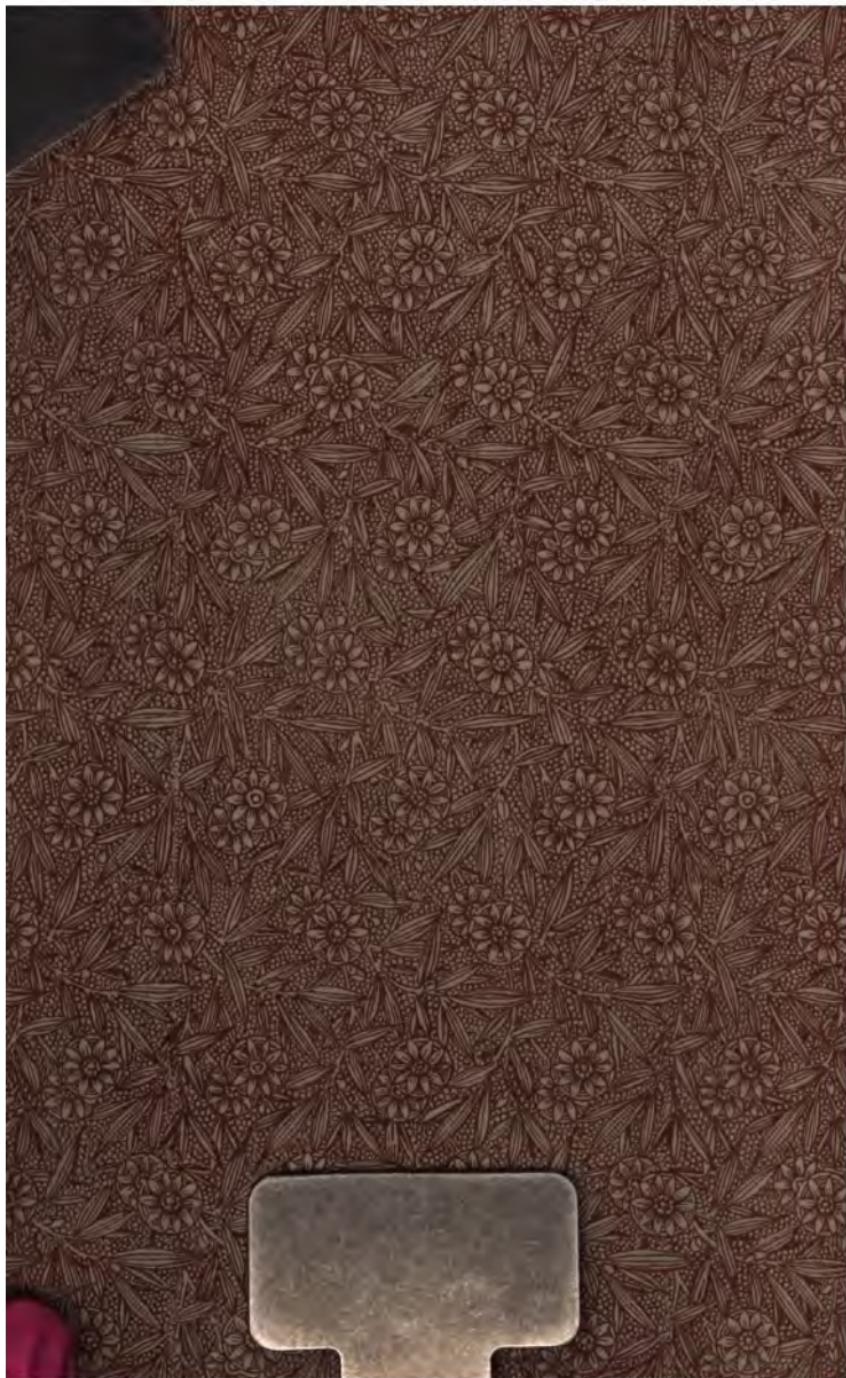
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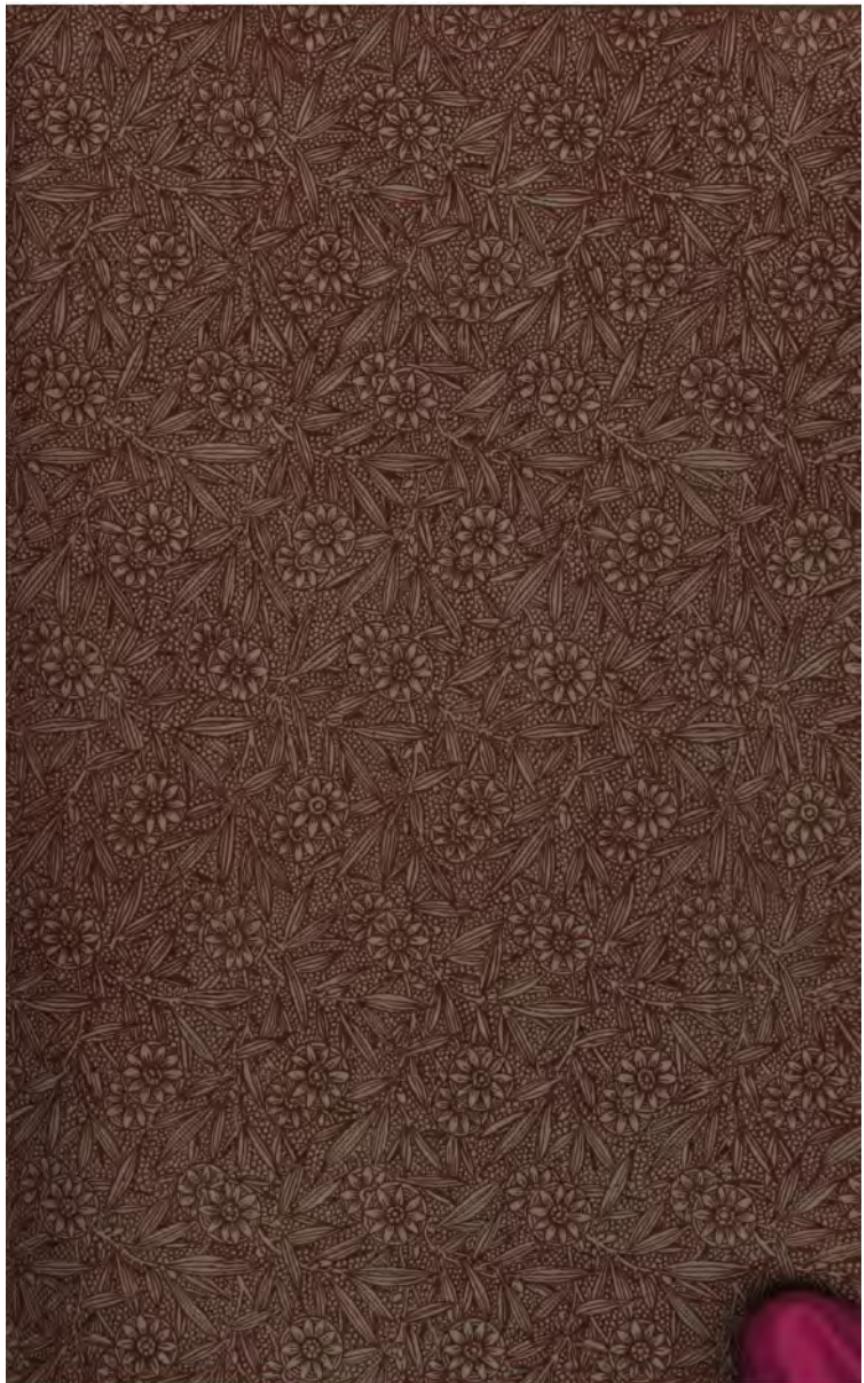
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BONNES BOUCHES.









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BONNES BOUCHES:

A COLLECTION OF RECIPES

OF

CHOICE DISHES OF VARIOUS NATIONALITIES.

BY ONE WHO HAS TESTED THEM.

LONDON:

REMINGTON & Co.,

134, NEW BOND STREET, W.

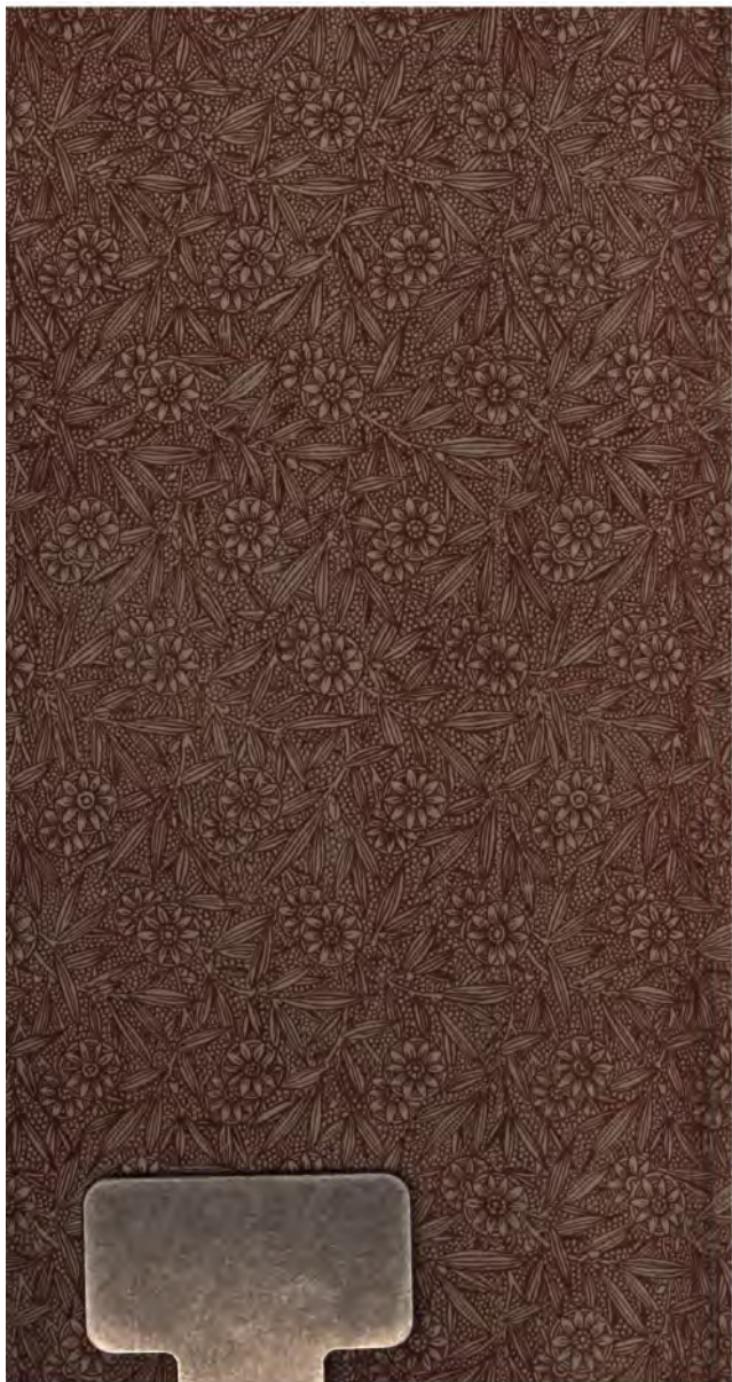
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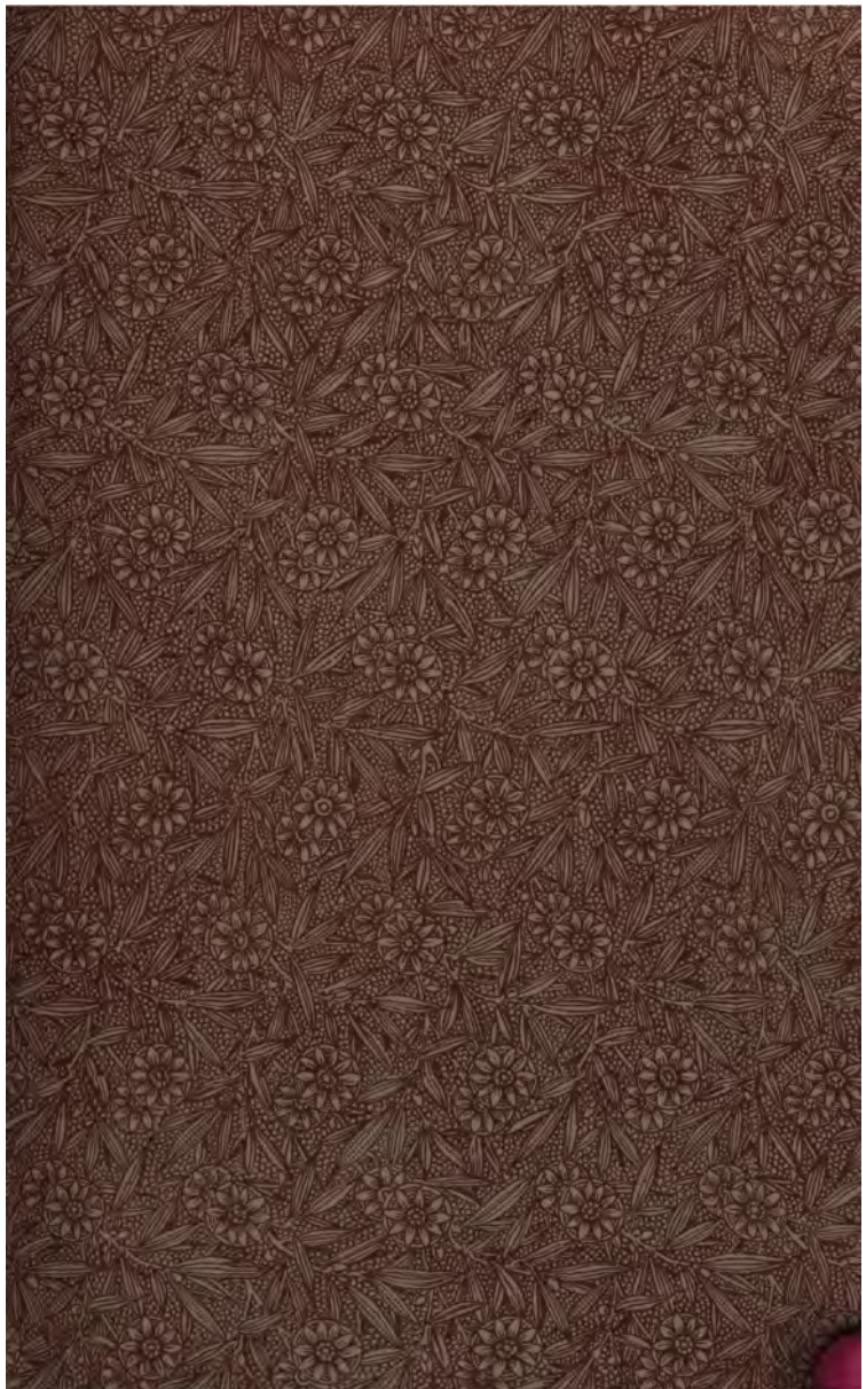
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of a dish may be spoiled by using a spoon which has stirred some other preparation.

The white wine of Hungary is recommended where sherry, or Maderia, are thought too expensive. Chablis, and Rhine wines may be used in made dishes, but are not good for sauce. Let every article be of the best quality. Flour especially should be very dry, white, and pure.

BONNES BOUCHES.

CHAPTER I.—SOUPS.

<i>Barley.</i>	<i>Italian.</i>
<i>Bouillon.</i>	<i>Jullienne.</i>
<i>Borche, or Borsū.</i>	<i>Potato.</i>
<i>Do. Russian.</i>	<i>Partridge.</i>
<i>Do. Fish.</i>	<i>Semolina.</i>
<i>Chestnut.</i>	<i>Tarragon.</i>
<i>Chicken.</i>	<i>Tomato.</i>
<i>Cray Fish.</i>	<i>Vermicelli.</i>
<i>French Pea.</i>	<i>Vermicelli Paste,</i>
<i>Hare.</i>	<i>to make.</i>

AN experienced soup maker will let nothing be wasted, but will throw into her stock-pot all trimmings of poultry and meat, and of *some* vegetables, as well as bones, cooked or uncooked. She will then always have a foundation for her made dishes, at least, if she have not enough for a tureen of soup.

BARLEY SOUP.

Stew barley until very tender; then mix with bouillon, and the same quantity of fresh milk. Boil and serve.

BOUILLOON

Is the foundation of all clear soups. To make it, take an old fowl, a cow's heel, and 3 lbs. of shin of beef. Cut all in small pieces, lay $\frac{1}{2}$ lb. of fresh butter at the bottom of the saucepan, put in all the above, add half-pint of cold water, place by the side of the fire, cover the saucepan close; when the meat has "drawn," as it is called, which will be in about half-an-hour, add three quarts of cold water, one lump of sugar, a slice of garlic, a whole onion, and a bundle of sweet herbs; a carrot, a turnip, a head of celery with one of its leaves. As soon as the soup boils, scum it carefully, stir in a teaspoonful of salt, and scum it again; add one chili, a spoonful of peppercorns, a small blade of mace, and three cloves. Let all stew together on a hot stove for six or eight hours. Then strain the soup, and put the meat, bones, &c., into your ordinary soup-pot, to make stock. The next day carefully remove the fat, very carefully pour the soup into another vessel, leaving the sediment. It ought to be clear, and the colour of good tea. If it is not clear you must return it to the fire, and boil it with the whites and shells of three eggs, beaten together. Strain the soup a second time, taste it, and if more salt or seasoning be needed, add it; or if the soup be not brown enough, add a little burnt sugar.

This bouillon is served in the evening, in cups, with small rounds of puff paste baked.

Bouillon makes vermicelli soup by boiling vermicelli in oil. Jullienne soup by adding sliced vegetables. Potato soup by boiling raw potatoes, cut in thick squares, for five minutes in salted water, and added to the bouillon.

BORCHE OR BORSÜ SOUP.

Borche, or Borsü, is the foundation of most spring and summer soups in Russia, Turkey, and other countries in Eastern Europe. It is made thus:—In all houses nearly there is the “Borche tub.” It is a wooden tub, with a lid. In the tub place a peck of bran, the rind of a lemon, a large slice of toasted black bread. Pour on this four gallons of warm water. Keep the tub by the side of the stove, when in three or four days the water will become slightly acid. Pour off clear what you want for soup, and add more water. The borche should be made fresh once a fortnight, taking care to add to the fresh mixture a pint of the old liquid.

Borche soup proper is made by boiling a lamb's head, or a forequarter of lamb, cut in pieces, with the liver, heart, &c., of the lamb; also cut in pieces the green and white parts of a large bundle of very young onions and garlic, chopped and served in the soup with the pieces of meat. Only salt should be added.

RUSSIAN BORCHE SOUP.

Boil 2 lbs. of beef, chopped small and the bones added, in two quarts of borche. When the soup is strongly flavoured with the meat, strain it, and add vegetables which you have previously boiled in salted water—several kinds, such as cauliflower, young peas, French beans, very small onions, and a spoonful of chopped parsley.

A variation in this soup is by adding a pint of sour cream, or the yolks of six eggs.

Borche makes excellent fish soup. Take 2 lbs. of sturgeon, or any fish, without bone, cut it in slices, and wash it in lukewarm water. Chop a handful of young garlic and onions, a sprig of tarragon, and a bunch of parsley; to all these add two quarts of borche. Season with white pepper and salt. Serve with the fish and vegetable in the soups.

CHESTNUT SOUP.

Take a fresh fowl and trimmings, cover with cold water, add an onion, a bay leaf, a piece of mace, and some peppercorns, and a $\frac{1}{2}$ lb. of butter. Blanch thirty chestnuts; boil them with the chicken. When the latter is cooked, strain the soup, beat the white meat of the chicken, the chestnuts, and the crumb of a stale roll, together in a mortar; return this to the soup, and taste if it require more seasoning. Let it boil, and serve.

CHICKEN SOUP.

Take a freshly-killed chicken, with its trimmings, cover it with cold water, let it stew gently. When it boils, take off the scum, and add a slice of fresh butter. When the chicken is tender, take it out of the soup, and remove all the white meat, then return the rest to the soup. Beat in a mortar the white part of the chicken, with twenty almonds blanched, and the crumb of a stale roll previously soaked in milk. Strain the soup on to this, add seasoning, and the juice of a lemon. Then stir in the beaten yolks of four eggs: make hot, but do not let the soup boil, after putting in the eggs.

CRAYFISH SOUP.

Stew for a long time an old fowl with a knuckle of veal and seasoning. Of this soup strain a quart, and let it get cold; take off the fat. Choose twenty-four crayfish of a bright red colour, reject any of which the shell is black; take out the tails entire by giving them a sharp twist, wash the shells and all that remains, boil them in the soup for ten minutes, strain, break the shells in a large mortar with a $\frac{1}{2}$ lb. of fresh butter, until the shell will pass through a wire sieve, pass the shells through the sieve, add them to the soup, mix a spoonful of baked flour with a pint of cream, a little salt and cayenne. Stir gradually to the soup; let it boil; then add the tails of the crayfish, boil once more, and serve.

FRENCH PEA-SOUP.

Make a batter with one egg, one teaspoonful of flour, a little salt, and a half-pint of milk. Have ready in a frying-pan some boiling lard, take a colander with rather large holes, pour a few drops of the batter through this into the boiling lard, so that the batter may take the form of, and not be larger than peas, fry of a pale brown, drain, and add to each plate of bouillon just before serving.

HARE SOUP.

Take half a hare, the fore part is best, with its liver, cut in small pieces; melt $\frac{1}{2}$ lb. of butter, fry the hare in it with a shred of garlic; place all in a stewpan with some slices of fat, unsmoked bacon, two bay leaves, a bundle of sweet herbs, and a thin

lemon rind sliced ; add the requisite seasoning and two lumps of sugar, and a stale roll ; pour in a pint of bouillon and a pint of claret ; let all stew very gently ; add more bouillon to make up for waste. When the meat of the hare leaves the bones, strain the soup, beat the liver and meat in a mortar ; mix it with a pint of either sweet or sour cream and a little flour, return it to the soup, mix, and add more seasoning if necessary.

ITALIAN SOUP.

Take the gizzards and liver of two or three chickens, or ducks, cut them in *very* small pieces, fry them in butter ; then stew them in a good bouillon until tender. Take six mushrooms, chop them small, fry them in butter, and add them to the soup. Put in a glass of madeira, sufficient seasoning, and a little flour to give body to the soup.

PARTRIDGE SOUP

Is made in the same way. You require two partridges ; those that are too old for roasting may be used for soup.

SEMOLINA SOUP.

Beat a spoonful of semolina with the yolk and white of an egg and a little salt ; shape it into forms by pressing between two teaspoons, then boil in the bouillon and serve.

TARRAGON SOUP.

Take one pint of bouillon, two sprigs of fresh tarragon, very coarsely chopped—or put it in the

soup leaf by leaf, beat up four yolks of eggs with the juice of two lemons, a little cayenne and salt. Stir in the soup and keep stirring on the fire until the soup thickens, but it must not be allowed to boil.

TOMATO SOUP.

Cut up an old fresh fowl and trimmings, fry with three slices of bacon and a piece of garlic; add one pint of bouillon, twenty tomatoes cut in half but not peeled, two bay leaves, peppercorns, and salt. Let all stew very gradually, take out the chicken and seasoning, strain the soup, rub the tomatoes through a sieve, return them to the soup, and boil once, with a little rice previously prepared, as for pilaf.

HOME-MADE VERMICELLI FOR SOUP.

Take one or two yolks of eggs beaten, and a little salt; work in as much flour as will make a paste; roll it out as thin as paper; leave it for one hour to dry; then roll it up as if it were a rolypoly pudding. Take a sharp knife and cut off slices as thin as vermicelli; then spread on a sieve in the sun to dry a little. It keeps good for several days.

CHAPTER II.—FISH.

<i>Court Bouillon.</i>	<i>Tench.</i>
,, <i>Bouillon au Bleu.</i>	<i>Trout Marinade.</i>
<i>Carp.</i>	<i>Whiting Mayonnaise.</i>
<i>Caviare.</i>	<i>Sauces cold:—</i>
,, <i>Salad.</i>	<i>Marinade.</i>
<i>Crayfish Salad.</i>	<i>Mayonnaise.</i>
<i>Eels Stuffed.</i>	<i>Walnut.</i>
<i>Mackerel with Walnut Sauce.</i>	<i>Sauces warm:—</i>
<i>Plaice Mayonnaise.</i>	<i>Cucumber.</i>
<i>Sturgeon.</i>	<i>Cream.</i>
<i>Sole au Gratin.</i>	<i>Horseradish.</i>
<i>Scollops.</i>	<i>Olive.</i>
<i>Scolloped Crayfish.</i>	<i>Provençale.</i>
,, <i>Lobster.</i>	<i>Robert.</i>
,, <i>Salmon.</i>	<i>Sardine.</i>
,, <i>Shrimps.</i>	<i>Tarragon.</i>

ENGLISH fish is the best in the world, therefore cooks are quite right in preserving its original flavour by serving it simply boiled or fried, along with its “analogies,” a quaint term which I found in an old cookery-book lately, and which was understood to mean suitable accompaniments.

Freshwater fish needs dressing in a different way to sea fish, and what is called “Court Bouillon” in French, should be used in boiling this fish. I must protest against salt as a necessary addition to water in which the fish is to be cleaned; let the fish be washed first in pure cold water, and a second time

in water mixed with one-eighth part of vinegar, this "sets" the curd, and does not spoil the colour of the fish.

COURT BOUILLOU.

Half a bottle of white wine, quarter pint of vinegar, one pint of water, three bay leaves, a spoonful of black peppercorns, a parsley root or bunch of leaves, a sprig of tarragon, an onion sliced, a piece of carrot, and a little salt.

COURT BOUILLOU "AU BLEU."

Court Bouillon "au bleu" is made in the same manner, omitting the vinegar, and putting equal parts of red wine and water.

Fish that is to be served with mayonnaise sauce should always be cooked with Bouillon No. 1; it should be placed in cold, and when the liquid boils, the fish-kettle should be taken off the fire, set aside in a cool place, and the fish only taken out when it has grown cold; then place it on a napkin, and cover close until you wish to dish the fish with the sauce.

CARP.

Carp should be boiled in Bouillon No. 1, and served with it hot as sauce, some small rings of raw onions and chopped parsley for garnish.

CAVIARE.

Caviare when fresh is a grey, greenish colour, is quite soft, and is eaten with lemon-juice and Lucca oil. It is to be had in abundance at Verciorova, the Austro-Roumanian boundary, and as this town is

only three days' railway journey from London, I wonder this delicacy is not served more frequently at English tables. It is packed ready for transport in small tubs, of from 1lb. to 2lbs. or 3lbs. weight, it costs about eight shillings a-pound, and is often dearer.

Dried salted caviare should be kept in a tub, covered over with vine-leaves, and should have Lucca oil poured over it to keep it comparatively moist. Cooking caviare is a Vandalism, and those who recommend it served on hot toast, should try it previously, mixed with fresh butter and lemon-juice; brown bread and butter should accompany it.

An excellent preparation of salted caviare is called

CAVIARE SALAD.

Take the crumb of a stale roll, pour boiling water on it, leave it some time, and then squeeze it dry in a napkin, blanch and beat twenty sweet almonds, add them to the bread, take three spoonfuls of salted caviare, beat it well in a mortar with a spoonful of Lucca oil, add the bread and almonds, beat them, stir altogether with a wooden spoon, stir in gradually quarter-pint of Lucca oil, a little salt and cayenne pepper, and the juice of two lemons; pile it in a pyramid, and set it over ice, ornament with slices of lemon.

CRAYFISH SALAD.

Take the tails from fifty crayfish (previously boiled in salted water), take out the yellow and other eatable part from the bodies, mix it in a

mortar, with the soaked crumb of a stale roll, add quarter-pint of Lucca oil, a little salt and cayenne pepper, and the juice of two lemons, pile it in the centre of a dish, arrange the tails round it, and place the dish over ice.

EELS, TO EAT COLD.

Bone four or five large eels, wash them very carefully in vinegar and water. Make a forcemeat with butter, crumb of stale roll soaked in milk, one egg, chopped parsley and thyme, pepper, salt, and nutmeg; spread out the eels, put a thin layer of this forcemeat inside each, roll them up, and tie them securely in separate pieces of muslin. Place them in Bouillon No. 1 while cold, and let them boil gently for half-an-hour; remove from the fire, but leave the fish in the liquid. When wanted, take off the muslin, and serve with aspic of fish jelly.

MACKEREL WITH WALNUT SAUCE.

This sauce is excellent with any kind of white fish that can be eaten cold. It would be very good with cold boiled codfish.

STURGEON MARINADE.

Take the white part of a sturgeon, cut it in thick square pieces, let it lie an hour in vinegar and water, then proceed as for trout. None of the fat of the sturgeon should be added, for this fish is usually so large and oily that only the more delicate parts are cared for.

SOLE "AU GRATIN."

Place a large, thoroughly dry sole in a baking-

pan, pour Lucca oil over it, and turn the fish in the oil; drain the oil out of the tin, strew bread crumbs thickly over the fish, mixed with the yolk of an egg. Crush with a wooden spoon a shred of garlic and a bay leaf, add the requisite seasoning, and half-a-pint of white wine, pour into the baking-tin, but not *over* the fish, bake gently until cooked.

Sole is very good to eat cold, prepared in this way, but then the egg and bread crumbs must be omitted.

SCOLLOPS.

Take from the shells twelve scollops, drain them from their liquor, which strain and put aside; wash the scollops in salt and water, let them lie in it ten minutes, drain, and boil another ten minutes in their own liquor, again drain, and cut in small pieces. Take the liquor, mix it with a spoonful of flour, two spoonfuls of butter, quarter pint of cream, a little cayenne pepper, a teaspoonful of anchovy-sauce, the juice of half a lemon, let it boil; put the cut-up scollops into twelve shells, pour the sauce over them, lay on a thick layer of bread crumbs, and bake in a quick oven until the bread crumbs become a pale yellow.

Oysters are scolloped in the same way.

Crayfish are scolloped by placing the tails of cooked crayfish in the scallop-shells, and proceeding as for scollops.

Lobsters, salmon, and shrimps are very good when scolloped.

TENCH.

Tench is always "au bleu," it is served in the same way as carp.

TROUT.

This delicious fish is best "en Marinade." In Hungary and Transylvania, where they abound, they may be bought prepared in this way, in small oval tubs with well-fitting lids; usually there are five or six trout in each tub, and thus preserved they keep good a month.

TROUT MARINADE.

After washing the fish, dry it in a napkin and roll it in flour, then fry in boiling Lucca oil; when the fish is cooked, place on a dish and cover over. Pour the oil into a basin, dredge at the bottom of the pan a spoonful of flour, let it brown, add gradually vinegar, stir it well, season with white pepper, salt, bay leaves, a bunch of rosemary, a large piece of garlic; when the liquor boils, add as much oil as you have vinegar, making use of the oil in which you have fried the fish, and adding the requisite quantity which is wanting. Stir in the oil gradually, and continue stirring until the marinade boils. If properly mixed, the oil should not be apparent. Pour it over the fish and serve cold. Or if you wish to place it in a tub, leave it for a day or two in a dish, then carefully pack the fish in the tub, and strain the marinade over.

WHITING AND PLAICE.

Whiting and plaice are excellent with mayonnaise. Choose the largest you can find, have them boned, the heads and fins removed, boil in Bouillon No. 1; when cold dry and fold in a napkin, until the sauce

is ready, then place several fish side by side on a large dish, pour over the fish the mayonnaise sauce; ornament with a line of chopped parsley down the centre, alternate small heaps of capers, stoned olives, and salted caviare, place over ice.

COLD SAUCES TO MASK FISH.

Mayonnaise.

It is hoped these directions will be strictly followed, if so, an incomparable sauce may always be relied on. Great care must be taken that the eggs, lemons, and oil are perfectly fresh.

Take the yolk of a hard-boiled egg, rub it smooth with a wooden spoon in a large porcelain basin, add the yolk of a raw egg, incorporate thoroughly, then a few drops from half-a-pint of Lucca oil, then a few drops from the strained juice of two lemons, go on mixing very thoroughly, and always turning the spoon the same way, until you have used the yolks of four eggs, the whole of the lemon-juice and the oil. The sauce should be white, and thicker than the thickest cream. Mask the fish with this, ornament it, and place over ice.

Mayonnaise with mustard is made by mixing two large teaspoonfuls of French mustard with the boiled yolk of egg, before you add the rest of the ingredients.

Walnut Sauce.

Take fifty walnuts from the shell, it is not necessary to skin them, though some cooks do so, pound them in a mortar to a fine paste, add the soaked crumb of a stale roll, beat it also, stir in gradually a quarter-pint of Lucca oil and the juice of a lemon,

with which mask the fish, garnish it with slices of lemon and stoned olives, and place over ice.

FISH SAUCES SERVED WARM.

Cucumber Sauce.

Take four pickled gherkins, cut them in four, and then again so that the pieces are not larger than peas, put a spoonful of flour with two spoonfuls of butter into a saucepan, stir carefully on the fire until the flour takes colour, add half-a-pint of bouillon or chicken-broth, a little cayenne and salt, a teaspoonful of vinegar, and the chopped gherkins, stir until it boils.

Cream Sauce.

Put a spoonful of flour and two of butter into a saucepan, mix well but do not brown, add a teaspoonful of chopped parsley, ditto of chopped chives, a little nutmeg and salt, and half-a-pint of sweet cream. When it boils it is ready for serving, but care must be taken to keep stirring it all the time that it is on the fire.

Horseradish sauce is made in the same manner, substituting a teaspoonful of grated horseradish in place of the parsley and chives.

Olive Sauce.

Take twenty black or green olives, stone them, pour warm water over them, and let them stay an olives, take three spoonfuls of Lucca oil, and one of flour, mix very carefully and put into a saucepan on the fire; add half-pint of white wine, a little pepper, and the olives; no salt. Mix and stir

until the sauce boils; if it be not sufficiently acid add the juice of half a lemon.

Provençale Sauce.

Put in a saucepan three spoonfuls of Lucca oil, a shalot, a piece of garlic, and six small mushrooms chopped together, some pepper, salt and mace, dredge in a spoonful of flour, and add a quarter-pint of white wine, and the same of bouillon, stew very gently, and serve when hot.

Robert Sauce.

Peel twenty very small onions, such as are used for pickling, pour boiling salt and water on them, and let them lie until the water is cold, then drain the onions and let them stew in a saucepan with a large slice of butter until they are quite soft and brown, dredge in a spoonful of flour, some salt, and a little mace, pour in half-pint of white wine, and a teaspoonful of French mustard; stir together, and let it boil.

Sardine Sauce.

Free four sardines from the skin and bone, cut them in small pieces, take two ounces of butter, and one spoonful of flour, mix in a saucepan over the fire until the flour is browned, add a teaspoonful of chopped parsley, half teaspoonful of chopped onion, and a morsel of lemon peel, the juice of a lemon, and half-a-pint of stock, salt and a little mace; when it has boiled, add the chopped sardines, let the sauce boil again, and it is ready for serving.

Tarragon Sauce.

Chop together a tablespoonful of tarragon and the bulb of a leek, add a little cayenne and salt, and a cup of fowl or veal broth ; when it boils stir it into the yolks of three eggs, return the sauce again to the fire, but it must not boil ; just before sending it to table, mix in the juice of a lemon.

CHAPTER III.

SAVOURY DISHES AND PIES.

<i>Anchovy Butter.</i>	<i>Olives Stuffed.</i>
<i>Beef Potted.</i>	<i>Partridge Pie.</i>
<i>Chicken Pie.</i>	<i>Rice Pie.</i>
<i>Frigaruia.</i>	<i>Salmon Potted.</i>
<i>Goose Potted.</i>	<i>Shrimps Potted.</i>
<i>Hare Pie.</i>	<i>Sucking Pig, Galantine of.</i>
<i>Hare Potted.</i>	<i>Tongue Potted.</i>
<i>Ham Potted.</i>	<i>Tongue with Raisins and Cuconari.</i>
<i>Kebobs.</i>	<i>Vinaigrette of Fish.</i>
<i>Liver Potted.</i>	<i>Vinaigrette of Chicken</i>
<i>Macaroni Pie.</i>	
<i>Melton Pie.</i>	
<i>Olive Ragout.</i>	

ANCHOVY BUTTER.

TAKE a $\frac{1}{4}$ lb. of fresh butter, the yolks of three very fresh hard-boiled eggs, and three tablespoonfuls of anchovy sauce. Beat the eggs quite smooth, gradually add the butter, and last of all the anchovy sauce. It must be thoroughly blended. It can then be raised into a small pyramid and garnished with parsley, or served with hot dry toast.

POTTED BEEF OR PORK.

Line the jar with chopped suet; cut in pieces 1 lb. of delicate meat, place it in the jar, with salt,

pepper, and mace, pour in a cup of water, cover with chopped suet, and proceed as for hare, omitting the butter.

CHICKEN PIE, Cold.

Prepare the paste as in the preceding, and let it grow cold. Boil in milk and water, two white-fleshed chickens; remove all the white meat, skin it, and cut it in pieces about two inches long. Make a good aspic from the water in which the chickens were boiled, by putting in one ounce of gelatine, suitable seasoning, a glass of sherry, and a few drops of caramel; free it from fat, clear it with egg-shell and white, and set it aside. Make forcemeat balls of the livers, beaten with seasoning, a little soaked bread, and the yolk of an egg. Stew them in gravy. Put into the pie the chicken, the forcemeat balls while warm, some small slices of tongue, ditto of ham, four hard-boiled eggs cut in four, and the rest of the chicken and forcemeat balls. Pour in some of the aspic while warm; set the rest over ice; set the pie over ice. When wanted to serve, pile up the aspic, chopped small, as high as you can, on the top of the pie, and only put on the lid, after you have disposed of a good deal of the pie.

FRIGARUIA (Wallachian.)

Take 1 lb. of thick beefsteak, without fat, cut it into lumps of two inches; roll the lumps in an onion chopped fine, some pepper and salt, thyme, and parsley. Let the meat lie with this preparation an hour or two, then proceed as for kebobs, only that the frigaruia needs a brisker fire, and must not be so much cooked.

POTTED GOOSE OR DUCK.

Roast two or three of either; while hot, cut off carefully the wings, legs, and breasts, dry in a fine napkin, so that there may be no moisture, pack closely together in a non-porous jar, and pour hot clarified dripping over; tie down, and keep in a cool place.

HARE PIE.

If you cannot raise a pie into shape with your hands, line a mould with scalded paste, made according to the instructions you will find under the head of "Pastry." If it be possible to raise these pies do so, because you can then give them a very good appearance by ornamenting the outside with wreaths, or patterns of cut-out flowers, and leaves. Whether the pie be raised, or baked in a tin, it is better without a lid. Fill the form with flour, cut out a lid to fit exactly, ornament it, and bake it on a separate tin. When the pastry is baked, turn out the flour, and put in the following, while hot. Divide a hare, cut off as many cutlets as you can from each side of the back, about the size of a dessert-spoon, roll them in seasoning, and fry in butter. Stew the rest of the hare, take the meat off the bones, and beat it with a stale roll which has been soaked in port wine, $\frac{1}{4}$ lb. of butter, mace and seasoning. Make it into forcemeat with the yolks of two eggs, fry it for a few minutes, and put it aside. Now make forcemeat balls with the liver of the hare, and a piece of calf's liver stewed, and beaten with butter, bacon, and a little seasoning of tarragon and garlic, as well as pepper and salt. Stew them in a rich gravy, carefully remove the fat; add

a teaspoonful of brandy. Lay some of the cutlets at the bottom of the pie, then a layer of forcemeat, alternate with the cutlets, and a few of the forcemeat balls ; pile the rest on the top, pour the gravy over all, put on the lid of the pie, and serve either hot or cold.

POTTED HARE.

You can divide a hare in half, and use the hind part for roasting. Take the fore part of the hare, without the head, cut it up into small pieces, with the bones. Take a baking jar, line the bottom with slices of unsmoked bacon, then lay in the pieces of hare, a bay leaf, two cloves, a little salt, white pepper, and mace. Pour in a cup of red wine ; cover over with slices of bacon, tie down the jar securely, so that steam may not escape, place in a gentle oven. When sufficiently cooked, place the jar in the larder until the following day ; then take away all the fat, the seasoning, the bacon, and the bones, beat the flesh of the hare in a mortar to a fine paste with a $\frac{1}{4}$ lb. of butter, taste it to see if it needs more pepper or salt, press it into potting pots, and pour clarified butter, or suet over.

POTTED TONGUE.

Take the remains of a boiled tongue, beat it with half its weight of butter, a little pepper and mace. Press it into pots, and cover with clarified butter or suet.

Potted Ham is prepared in the same way as tongue.

KEBOBS (Turkish.)

Take the leg of a young lamb, cut the meat into lumps about two inches square. These pieces of

meat must be rolled in the following preparation, and left to absorb the flavour for two hours before cooking :—a teaspoonful of fresh parsley chopped, a sprig of tarragon chopped and bruised with a small piece of garlic, and a little salt. After the pieces of meat are prepared, you must have some long, thin pieces of wood sharpened at one end to a point ; then thrust about four pieces of meat on to each stick, and cook quickly on a gridiron over a charcoal fire. The kebobs are served on these skewers. In England I should consider that *part* of a shoulder, or leg of lamb, would make a large dish of kebobs.

POTTED LIVER.

Take two or three livers of turkeys, geese, or ducks, and fry them with bacon ; when they have taken a little colour, add a shred of garlic, a bay-leaf, some cloves, pepper, and a glass of red wine. Stew all together for half an hour, take out the liver, beat it finely to a paste, add half its weight of fresh butter, beat it again, and taste if it be well seasoned. Press down in pots, and pour over clarified butter, or goose or turkey fat. N.B.—A few sliced truffles are a great improvement.

MACARONI PIE (Italian.)

Take a buttered basin, or mould, holding about a quart, line it with a thin puff paste. Stew for a few minutes $\frac{1}{2}$ lb. of macaroni in a good white bouillon ; drain it while it is yet hard, but it should be swollen. Mix it with a little white pepper and salt, the yolks of six eggs, and a $\frac{1}{2}$ lb. of butter. Then lay in a layer of macaroni, then a

thin layer of Parmesan cheese grated, then macaroni, and so on until the mould is full, taking care that the macaroni comes last. Lay a buttered paper on the top, and bake in a slow oven. When the paste is cooked, turn carefully out and serve hot. Minced chicken, or veal, may be substituted for the cheese.

MELTON PORK PIE.

Raise several pies with the hands from the scalded paste, take equal parts of fat and lean pork from a very delicate pig, chop as fine as sausage-meat, season with powdered sage, salt and pepper. Mix well, and fry a small portion, so as to be able to taste if it be properly seasoned. Then put the meat into the pies, pressing it well down to within an inch of the top. Cut rounds of paste for the lids, press them evenly and firmly inside the pie, cut the edges even with your pastry scissors, ornament the sides and tops of the pies, brush them over with the beaten yolks of eggs, and bake in a moderate oven. They require a long time. When they are done enough, and while hot, make a small hole in the middle of the lid, and pour in through a funnel some strong gravy, which should be a jelly made from the bones and trimmings of pork. These pies will keep a long time, if you omit the jelly.

RAGOUT OF OLIVES (French.)

Mince very finely the white part of a large leek and a teaspoonful of parsley; let them take colour by frying with a little butter; then add a wine-glassful of olive oil and one of sherry or Chablis, a little white pepper, the juice of a lemon, and a

tablespoonful of chopped capers. Take half a pint of large green olives, peel them round and round so as to take out the stone; then add them to the sauce, and let them stew gently for half an hour.

OLIVES STUFFED.

Choose twenty-four large green olives, make a delicate forcemeat, either with goose liver or with veal, cut the olives open at one side so as to take out the stone, which replace by the forcemeat, stew in a good bouillon, reduce the bouillon, and thicken with a lump of butter rolled in flour.

PARTRIDGE PIE

Is made in the same way as chicken pie. The partridges should be stewed in red wine and water, the hard-boiled eggs omitted, and a spoonful of brandy, in the aspic instead of sherry.

RICE PIE (Turkish.)

Prepare a mould with paste as in the preceding receipt, swell rice as for pilaf, mix it with four eggs and a $\frac{1}{4}$ lb. of butter; lay a thick layer of rice and a thin layer of shrimps, or tinned lobster, or fresh cooked salmon, or mackarel alternately until the mould is full. Cover it closely with a paste, bake, and serve hot.

SALMON POTTED.

Take 1 lb. of salmon, cut it in pieces, put in a jar with a bay-leaf, a shred of garlic, pepper and salt, and a cup of white wine, Chablis, or Sauterne. Proceed as directed for hare, adding $\frac{1}{4}$ lb. of butter.

POTTED SHRIMPS.

Take a pint of fresh shrimps, freed from the skin, $\frac{1}{2}$ lb. of fresh butter, a little white pepper, and mace; beat to a fine paste, and cover over with clarified butter.

GALANTINE OF SUCKING PIG.

Take a young pig as soon as it has been killed and dressed, cut it open from the throat to the tail, take out all the inside, wash it carefully, bone it, only leaving the bones of the head and the first joints of the four feet. Take 2 lbs. of veal cutlet, $\frac{1}{2}$ lb. of ham, $\frac{1}{2}$ lb. of tongue, $\frac{1}{4}$ lb. of fat bacon, $\frac{1}{4}$ lb. of butter, four hard-boiled eggs, and the crumb of a stale penny loaf. Beat the veal, bacon, butter, and crumb of bread into a paste, add seasoning of pepper, salt, nutmeg, and mace, slice the ham, tongue, and eggs, add a wine-glassful of brandy, and two ounces of Pistachio nuts, blanched; mix, and sew up inside the pig, and then proceed as for galantine of turkey. When the pig is cooked, take it out of the cloth in which it was boiled, wipe it quite dry, rub it over with the purest oil, dredge on a little salt, and put it in the oven for the skin to become brown. When it is so, take it out, and place it on its four feet on a long dish. Reduce and clear the aspic in which it was boiled, and when cold, cut it into dice, and ornament the pig therewith.

TONGUE WITH RAISINS AND CUCONARI.

Take a fresh beef tongue, or four sheep's tongues, boil gently in a good bouillon, to which

add a glass of sherry. When the tongue is tender, take off the skin and cut it in rather thin slices ; and add it to the sauce of raisins and cuconari. The latter is a white grain, very much used in Greece and Turkey ; it is as large as a melon-seed, quite white, and resembles almonds in flavour. If you cannot procure cuconari, use a $\frac{1}{2}$ lb. blanched sliced sweet almonds instead. Pour boiling water on a cupful of cuconari, do the same on a cupful of sultana raisins ; take a $\frac{1}{2}$ lb. of butter and melt it in a saucepan, a teaspoonful of sugar, the juice of a lemon, a spoonful of flour, a cup of cream ; stir altogether and boil, put in the cuconari and the raisins—drained and wiped in a napkin—then the tongue. When all is thoroughly hot, serve. Prejudiced people are advised to taste this dish, they will find that raisins are a pleasant addition to many savoury things.

VINAIGRETTE OF FISH.

Take a fresh cow's-heel, pour over it a quart of cold water, let it stew gradually for ten hours, strain it, and put it aside. Next day remove all the grease and sediment from the jelly, which should be very firm ; add a wine-glass of sherry and one of vinegar, pepper, allspice, mace, lemon peel, and salt. Melt gradually, and taste if it be well flavoured. If not clear, beat in two whites and shells of eggs, run it through a jelly-bag, and when clear, pour a little at the bottom of a mould. When it begins to stiffen, lay capers in little lumps on the jelly, then some cold fish—salmon, mackarel, or sturgeon. The fish should be of a solid kind. Now put in a dozen stoned olives, pour more jelly

over, and let that stiffen. Continue alternately with fish, and jelly, until the mould is full. You can also introduce a few boned sardines, which many think an improvement. Place the mould over ice, and turn out carefully.

VINAIGRETTE OF CHICKEN.

Make the jelly in the same way as the preceding receipt, adding a shred of garlic and two bay-leaves. When the jelly is clear, darken it with caramel, and proceed as in the foregoing. Take the white part of a cooked chicken in small pieces, three hard-boiled eggs sliced, a pickled gherkin sliced very thin, and some small pieces of cooked ham or tongue. Arrange symmetrically in a mould, N.B.—These receipts may be quickly prepared by substituting gelatine for cow's heel.

CHAPTER IV.—POULTRY.

<i>Chickens, Eingemacht of</i>	<i>Giblet or Fish Pilaf.</i>
" <i>Paprica.</i>	<i>Goose and Chestnuts.</i>
" <i>with Mushrooms,</i>	<i>Goose with Haricots.</i>
" <i>with Dried Apricots.</i>	" <i>Stewed.</i>
" <i>with purée of Potatoes.</i>	" <i>Smoked.</i>
" <i>with Asparagus.</i>	" <i>Devilled.</i>
" <i>with Raisins and Cuconari.</i>	<i>Pigeons with Peas.</i>
" <i>with Asparagus.</i>	" <i>with mushrooms.</i>
" <i>with Chestnuts.</i>	" <i>with Celery.</i>
" <i>Pilaf of.</i>	" <i>in Jelly.</i>
" <i>Ostropielu of.</i>	<i>Turkey.</i>
<i>Fried Bread with Made Dishes.</i>	" <i>with Truffles.</i>
	" <i>with Chestnuts.</i>
	" <i>Galantine of</i>

CHICKEN.

I GIVE no receipt for roasting chicken, either in the French way, simply roasted and served on watercresses, or in the more elaborate English manner, with veal stuffing in the breast, and garnished with browned sausages. In the East, sultana raisins are often introduced into the breast-stuffing, and are not at all unpalatable.

EINGEMACHT OF CHICKEN (German.)

Divide two young fowls in four pieces, put a butter at the bottom of a porcelain sauce-

pan, when it melts dredge in a spoonful of flour, then lay in the chickens, turning them until they become slightly brown ; add a cup of good stock, a bay-leaf, a shred of garlic, pepper and salt ; when nearly cooked put in the juice of one large lemon, and serve with slices of lemon round the dish.

PAPRICA OF CHICKEN (Hungarian.)

Take a young, white-fleshed fowl, cut it in shapely pieces, stew it very gently in milk and water until tender, take a pint of sweet cream, boil it with a little salt and half a teaspoonful of red pepper ; drain the chicken, put it into the cream, and serve hot.

CHICKEN WITH MUSHROOMS.

Divide a young fowl into several pieces, stew it gently with a little butter and milk and water ; cook separately one pint of small mushrooms, by covering them closely in a saucepan with a large slice of butter, a little mace, white pepper and salt. When the chicken is nearly ready, drain it, and add the mushrooms and their sauce, stew together for a short time and serve. If more sauce be desired, add a cup of sweet cream to the mushrooms when nearly ready.

CHICKEN WITH DRIED APRICOTS.

Prepare a chicken as in the receipt for Eingemacht, omitting the garlic and seasoning, take a pint of dried apricots, pour boiling water on them, and cover them close, boil and sweeten them, drain them and add to the chicken ; serve hot. There must be a little salt only stewed with the chicken.

Chicken, with sultana raisins and caconar or almonds, is prepared in the same way as tongue with raisins and coconar.

CHICKEN OSTROPIELŪ (Roumanian.)

Roast a young chicken, stew gently a blade of garlic, well crushed and beaten in a $\frac{1}{2}$ lb. of butter; add a little white pepper and salt. Cut up the chicken when it is ready, and pour the butter over it.

GOOSE AND CHESTNUTS (French.)

Take one hundred chestnuts freed from their skins, chop small half of them, and put them in a saucepan with $\frac{1}{2}$ lb. of sausage-meat, 2 oz. of butter, a little chopped parsley, half an onion chopped very fine, and a morsel of garlic, which must be withdrawn at the end of ten minutes. Add to this mixture the liver of the goose, previously scalded, and chopped fine. After these have stewed together for a quarter of an hour, the mixture is to be put into the body of the goose and well secured. The goose to be simply roasted, and served, surrounded by the remaining fifty chesnuts, which are prepared in the following manner: leave them entire, and let them stew gently in a saucepan, with a little white wine and ordinary seasoning, until they are quite tender, but not broken.

GOOSE WITH HARICOTS (German.)

Take one pint of small white haricots, let them soak twelve hours in water, then boil them in a good bouillon, with a piece of garlic, a little pepper and salt, and the liver of the goose. Take out the

liver when it is cooked, and chop it finely, take out also the garlic, and put the haricots on a sieve to drain, then place them in a large, well-buttered baking-pan, strew over them the liver chopped small, and the juice of a large lemon, or a spoonful of tarragon vinegar. The goose must be roasting while the haricots are stewing. Take the goose from the fire before it is quite cooked, place it on the top of the haricots, then put the baking-tin containing the whole, into a gentle oven for half-an-hour. The haricots are served as they are baked, under the goose, and on the same dish. Some cooks bake the goose from the commencement, not roasting it at all, but by that means the haricots become too greasy, and are over-cooked.

GOOSE STEWED.

This is an excellent way of preparing a goose which is not young enough for roasting. Lard the goose with bacon, rolled in a mixture of chopped onion, parsley, thyme, sage, and bay-leaf; tie it with tape, to make it a compact shape, place it in a stew-pan only just large enough to hold it, with some slices of bacon, pepper and salt, a wine glassful of brandy, a cup of water, and a cup of wine; cover closely with a well-fitting lid, and let it stew gently four hours. It is equally good cold, as hot. If served cold, clear the jelly which comes from it with the white and shell of an egg beaten and boiled, remove every particle of fat before putting it on the fire. When it boils with the egg shell and white, pour it through fine muslin, until clear, and when cold, cut it in shapes and ornament the goose.

GOOSE SMOKED.

Take a fat goose, as soon as it has been killed and plucked, cut it down the back, and take away all the back and the bone belonging to it, empty the goose, wash and dry it, and open it out flat, rub it with saltpetre, salt, and a spoonful of honey, leave it for two days; then rub it over with a pounded garlic, all-spice, thyme, and white pepper; leave it another two days; sew it up in a fine muslin, and again in a coarse cloth, hang it in the chimney of a wood fire; at the end of the week take the goose down and remove the thick cloth, place it in a current of cool air for three days, remove the muslin, wrap it in a clean muslin, and hang it in a cool store-room.

GOOSE DEVILLED.

Take the leg of a goose which has been cooked. Take a table-spoonful of fresh butter (beaten with a little salt to take out the water), a salt-spoonful of white pepper, ditto of mustard (dry), half ditto of chutnee and of fine salt, add a few grains of cayenne, and a few grains of fine sugar. Make all into a paste, and spread it over the leg of the goose evenly on both sides. Place a gridiron on a charcoal fire, and let the leg grill very gradually. This dish should be prepared some time before it is cooked, and it is better to lay on the devil while the goose is hot.

PIGEONS WITH PEAS.

Divide three pigeons in half, fry them gently in butter, add seasoning, and a cup of bouillon; prepare some young peas, boil and strain them, add a

little butter and a few grains of sugar, put to the pigeons, and let them stew together until the pigeons are cooked.

PIGEONS AND MUSHROOMS.

Prepare the pigeons as in the preceding receipt ; take a pint of small mushrooms, clean, and chop them fine, fry them in butter, with a little mace and white pepper, add a cup of cream and a teaspoonful of flour, then mix with the pigeons, and stew gently together.

PIGEONS WITH CELERY.

Make a rich purée of celery ; divide three pigeons in half, dip them in egg and bread crumbs, fry carefully in lard, and serve on the celery, with fried bread round the dish.

PIGEONS IN JELLY.

Make a good aspic-jelly, roast and season three pigeons, take off the skin while hot, place each pigeon in a basin only large enough to hold it, fill the basins with melted aspic, set it over ice to harden, turn out, and serve side by side, on the same dish ; garnish with hard-boiled eggs, cut in four, and capers.

TURKEY WITH TRUFFLES.

Take 1½ lb. of truffles, brush them well, peel them ; do not throw away the peelings, but mince them very fine, with $\frac{1}{4}$ lb of fat bacon, and any fat which you may be able to take out of the turkey ; put in a saucepan a slice of butter, the truffles cut in slices, the minced peelings, and bacon, and a little

white pepper and salt. Let this stuffing cook for about ten minutes, then take it out of the saucepan, and when it is cold put it into the body of the turkey, and sew it securely. This stuffing should be put into the turkey three days before it is cooked. Serve with truffle-sauce.

TURKEY WITH CHESTNUTS.

Blanch, and boil for a few minutes in salt and water fifty chestnuts, drain them, and dry them in a cloth ; sew them up in the body of a turkey before it is roasted ; stuff the breast with veal stuffing, or with sausage-meat, roast very gradually, and serve with chestnut sauce.

TURKEY, GALANTINE OF

Choose a fat, white-fleshed turkey, bone it by cutting it down the middle of the back and carefully withdrawing all the bones, leaving the skin and flesh (especially on the breast) entire. Lay it out on a marble slab, skin downwards. Boil the liver, and that of any other poultry which you may have in the house. Take 2 lbs. of sausage-meat, three hard-boiled eggs, a table-spoonful of capers, twenty olives (stoned), a piece of dried tongue cut in slices, $\frac{1}{2}$ lb. of fat ham in slices, a sliced pickled gherkin, a smoked German sausage, a little nutmeg and white pepper, and four truffles sliced, the liver also. Place inside the turkey, arranging all as symmetrically as possible, then sew up securely, roll the turkey in a piece of fine calico, bind it with tape, and put it on to stew in the following manner :—Lay a plate at the bottom of a porcelain saucepan, in which place the turkey, its bones, and a calf's foot cut in

pieces, a bundle of sweet herbs, a little salt, some peppercorns, two cloves, and a piece of garlic, and on the top of these a stale French roll, cut in two. Pour over these two bottles of Chablis, or other light wine, and let them stew gradually (hermetically closed) for five hours; then take out the turkey and free it from its cloth, and wrap it up quickly in another *fine* one. Place it under a heavy weight. Strain the gravy, and leave both until next day, then rub the turkey over with a fine glaze, remove the fat from the jelly, set it to melt gradually on the fire, beat up two whites of eggs with the *shells*, stir them briskly into the jelly, let it boil, run it through the jelly-bag (when it ought to be quite clear), make a browning by melting a lump of sugar in an iron spoon over the fire, to which add a tea-spoonful of hot water, take a few drops of this, and mix with *half* your jelly, so that you may have light and dark jelly. When it stiffens, cut it in diamonds and ornament the galantine, which should be kept over ice. It will then be good for a fortnight, and is a most excellent supplement either to a luncheon or supper. At dinner it is served as an *entrée*, in slices.

CHAPTER IV.—GAME.

<i>Blackcock and Pheasants.</i>	<i>Partridges à la Maitre d'Hôtel.</i>
<i>Bustard.</i>	<i>Chipolata.</i>
" <i>en Marinade.</i>	" <i>Aspic.</i>
" <i>Roasted.</i>	<i>Quails.</i>
<i>Hare.</i>	" <i>à la broche.</i>
" <i>Civet of.</i>	" <i>in Vine-leaves.</i>
" <i>Salmi of.</i>	" <i>Pilaf.</i>
" <i>Terrine of.</i>	<i>Venison.</i>
<i>Larks.</i>	" <i>Haunch of.</i>
" <i>and Mushrooms.</i>	" <i>Cutlets.</i>
" <i>and Macaroni.</i>	" <i>Stewed.</i>
<i>Marinade for Game.</i>	" <i>Cutlets with Truffles.</i>
<i>Partridges.</i>	<i>Wild Duck and Teal.</i>
" <i>au Choux.</i>	

BLACKCOCK AND PHEASANTS.

These are best plainly roasted, basted with butter, and served with bread sauce.

BUSTARD.

This magnificent bird is found in flocks where there are large plains. On the plains near the Danube, it congregates in numbers. It is about the size of a turkey, weighing from 14 lbs. to 20 lbs. The wings are very large, and should be

cut off first, then the head, after which, the whole of the feathers with the skin must be drawn off at once, by cutting through the skin the whole length of the back ; cut off the legs also from the first joint, take out the inside, wash the bird in vinegar and water, and lay it in marinade ; at the end of three days roast it, baste it with butter, and serve with sauce, as for venison. When bustards are plentiful, it is usual to cut out the body, breast, and wings in one piece to roast, reserving the remainder for stewing.

HARE.

English hares, and English ways of cooking them, are alike excellent.

CIVET OF HARE (French.)

Melt $\frac{1}{2}$ lb. butter in a stewpan, fry in it some thin pieces of bacon, take them out, fry twenty small white onions, take them out, cut in pieces a hare, and fry the pieces in this butter ; when they begin to steam, dredge them with flour, let them brown a little, then pour in half-a-pint of bouillon and the liver of the hare, stew gently until the liver is cooked, remove it, add the fried pieces of bacon, the onions, six chopped mushrooms, half-pint of red wine, and sufficient seasoning, stew very gently, and taste the gravy before serving, to see if the seasoning be correct. The liver must be crushed by a wooden spoon, with half-a-spoonful of flour and a piece of butter, then mix in the gravy, and stew with it and the hare.

SALMI OF HARE.

This is an excellent preparation. The hare must

be rather fresh, and should be full grown, but not old. Divide a hare down the middle of the back, cut off cutlets with the bones attached as in lamb cutlets, do this until you have used the whole of the back; stew the rest of the hare in a good sauce, until it will leave the bones, stew the liver also with a piece of calf's liver; pound the liver with butter and seasoning, pound the meat of the hare separately, with butter and seasoning. Pour a pint of boiling cream on a pint of stale bread crumbs, cover and let it remain until cold, with a raw onion and a bay-leaf; take out these when cold, and beat in a large slice of butter, a little mace, white pepper, and salt; mix half this with the beaten liver, and the other half with the beaten meat; butter a tin mould, and lay in alternate layers of the meat and the liver, steam this pudding for an hour. The hare cutlets soak in $\frac{1}{2}$ lb. of butter melted, spread them out on a dish to cool; fry them in more butter; turn the pudding out of the mould, arrange the cutlets standing up and round the pudding, pour into the dish a rich sauce, made from the bones of the hare, red wine, and truffles chopped small, the whole seasoned and thickened, with a lump of butter rolled in flour.

HARE "EN TERRINE."

Take a game-pot with lid, line the bottom and sides with slices of thin bacon; remove all the flesh from a hare, mince it with $\frac{1}{2}$ lb. fresh fat of pork, $\frac{1}{2}$ lb. of veal cutlets, parsley, thyme, laurel leaf, mace, pepper and salt; introduce some long, thin pieces of bacon, mix altogether with a spoonful of brandy; put it in the game pot, cover over

with slices of thin bacon, put on the lid, put a paste round the edge, to keep in the steam; bake four or five hours in a gentle oven. The game-pot must be placed in a shallow pan half full of water, in the oven. When it is cooked, remove the paste from the edge, wipe the lid and terrine, and pin a small napkin or fringed paper round the terrine. Serve hot.

LARKS AND MUSHROOMS.

Fry the larks lightly, take a pint of very small mushrooms, stew them gently in a pint of cream, with a bay-leaf and a little pepper and salt, add the larks, boil gently, and serve hot, with fried bread.

LARKS AND MACARONI.

Fry lightly twelve larks in butter, with a bay-leaf and a small onion; boil $\frac{1}{2}$ lb. of macaroni in milk and water until it is swollen, but not soft; add a little salt, melt $\frac{1}{4}$ lb. of butter, add the macaroni drained, the larks, and the butter in which they were fried, and stew gently until cooked.

MARINADE.

Boil a bottle of white wine with one pint of vinegar, one quart of water, a handful of peppercorns, two lumps of sugar, four bay leaves, a piece of carrot, an onion, and a parsley root; pour into a large earthenware pan, or better still, a marinade-tub with lid. When it is cold, place in the game, and turn it frequently. If for roasting, the game must be wiped dry; if for stewing, you proceed thus—

STEWED GAME.

Place a $\frac{1}{2}$ lb. of butter in a stewpan, add a tablespoonful of flour, let it brown, keep stirring all the time, then pour in and mix half-a-pint of red wine, either port or Burgundy, lay in the game in convenient pieces, and strain over it as much of the marinade as you require. Stew very slowly.

MARINADE FOR GAME.

All large game, such as forequarters of venison, bustards, and old hares, should always be laid in marinade two or three days before cooking, and turned every day in the liquor. If the game is to be stewed, then take some of the marinade strained, to stew it in; if the game is to be roasted, the marinade should form part of the sauce which accompanies it, but which should always be served separately.

PARTRIDGES.

Partridges from being dry and close in the grain of the flesh, may be prepared in various ways, besides roasting.

PART RIDGE AU CHOUX.

Boil in salted water two delicate white cabbages, and drain them. Cut two partridges in halves, line a small stewpan with slices of unsmoked bacon, place on this the partridges, three cloves, a little pepper, a dozen small onions, and a little parsley. Place over the partridges the cabbages previously prepared, slices of fat bacon on the top of the cabbages, and a cup of good bouillon. Cover over with a round of thick buttered paper, put on

the lid of the stewpan, and let it cook very slowly. Taste the gravy, to see if salt or other seasoning be needed. Serve the partridges in the middle of a dish, with the cabbage and bacon round the dish.

PARTRIDGES A LA MAITRE d'HOTEL.

Split two partridges down the back, open them out, and let them lie breasts downwards, for two days in marinade. Fry on a gridiron over a charcoal fire, and serve with butter, beaten with chopped parsley, and lemon-juice.

PARTRIDGE CHIPOLATA (Italian.)

Divide a partridge in four, fry it in butter, dredge it with flour and let it brown ; add to it, previously prepared, twenty small fried onions, $\frac{1}{2}$ lb. sausages sliced thin and fried, six mushrooms chopped small, and twelve roasted chestnuts ; stew altogether with a little white wine and seasoning, thicken the sauce, and serve with fried bread round the edge of the dish.

PARTRIDGE ASPIC.

Roast a partridge, take off the skin while hot, cut the breast into small slices, and cover it over. Remove the rest of the flesh from the bones, and beat with two yolks of hard-boiled eggs, a small piece of butter, mace, and seasoning ; roll into small balls. Slice four truffles and stew them in a little bouillon, make a clear, good-flavoured aspic-jelly, either with calf's feet or gelatine ; it should be savoury to the taste, and brown in colour ; lay a little aspic melted in the bottom of a basin, then a few slices of truffles ; when stiff, put in a little more aspic, and some of the breast of the bird, and t'

forcemeat balls ; continue a little of each at a time, until the mould is full ; cover with paper and set over ice.

QUAILS.

When millet-seed is ripe, and grapes also, then quails are in perfection, being very fat and tender. The best way of cooking them is "à la broche." Spit three or four on a long wooden skewer, and keep turning them over a charcoal fire until done enough. Serve with sifted, browned bread crumbs.

QUAILS IN VINE LEAVES.

Roll each quail separately in a large vine-leaf, pin round it with a small wooden skewer a thin slice of fat bacon ; put a slice of butter in a stewpan ; when it melts, place in the quails, put on the lid, and let them cook very gradually, turning them occasionally. Serve on fried snippets of bread, over which pour all the butter or gravy that is in the saucepan, and the quails on the top.

PILAF OF QUAILS.

Prepare quails, as in the above recipe. Make a pilaf of rice according to instructions, remove the bacon and vine-leaves from the quails, mix them with the rice, and pour in the pilaf, the butter, and the gravy which came from the quails.

HAUNCH OF VENISON.

Haunch of venison should be wrapped in a dry cloth, hung in a current of air, and the cloth changed every day, until the haunch is ready for cooking. In this way it will hang a long time.

When roasted, serve with its own gravy in the dish, baste it occasionally with marinade. For sauce, take equal parts of port-wine or Burgundy, and marinade, with the chopped liver of a hare, boiled, pressed through a sieve, and mixed with it ; add more seasoning if necessary, though amateurs consider that the game flavour is destroyed by the addition of too many condiments. Always serve quince, or red-currant jelly, with venison.

VENISON CUTLETS.

Cut thick cutlets from a shoulder or breast of venison that has lain two days in marinade, lard them with unsmoked bacon, stew them gently in marinade, thicken the sauce with butter rolled in flour, and add half-a-pint of very small onions previously prepared.

VENISON CUTLETS WITH TRUFFLES.

These are prepared as above, adding half-a-pint of chopped truffles in the place of the onions.

WILD DUCK AND TEAL

Are best simply roasted at a very brisk fire, and served with cayenne and lemon-juice.

CHAPTER V.—VEGETABLES.

No receipts are given for vegetables plainly boiled, but only for vegetables prepared so as to form dishes of themselves, or mixed with poultry or meat.

<i>Young Peas.</i>	<i>Cucumbers.</i>
<i>Vine Leaves.</i>	<i>Onions.</i>
<i>Cauliflowers.</i>	<i>Bamé.</i>
<i>Potatoes.</i>	<i>Tomatoes.</i>
<i>Cabbage.</i>	<i>Egg Plants.</i>
<i>Artichokes.</i>	<i>Vegetable Marrow.</i>
<i>Sauer Kraut.</i>	<i>Salted Cucumber.</i>

YOUNG PEAS (French.)

Rub the peas, after being shelled, in a dry cloth, but do not wash them ; melt two ounces of butter in a small saucepan, add a teaspoonful of chopped parsley ; put in the peas and shake them, let them stew gradually by a slow fire for half an hour, dredge in a little salt and a little sugar, shake them again, and try if they are sufficiently soft for eating.

VINE LEAVES (Turkish.)

Take young vine-leaves, prepare a sausage-meat of veal, roll up a small portion in each leaf, and put them on to stew with some good bouillon. Serve with sour cream (yourt) poured over.

CAULIFLOWER.

Take a very well-shaped white cauliflower, boil it in milk and water, with a little salt, until it is tender, but not too much so, or it will fall to pieces; take it out, lay it on a sieve, and cover it with a cloth. When cold, place it in an oven-pan, a fitting size, melt a $\frac{1}{4}$ lb. of butter and pour it over the cauliflower, then dredge over very thickly sifted raspings. Withdraw it two or three times from the oven, so as to pour over it the butter which will be at the bottom of the pan. When it has taken a nice brown colour it is ready.

Parmesan cheese may be grated over the cauliflower for variety.

POTATOES.

To fry potatoes, there should be two pans of boiling lard. Let the potatoes be cut in long slices and dried, throw them into boiling lard, and when they are a pale yellow, take them out quickly with a drainer and throw them in the second pan of boiling lard. They will be finished in a minute or two, and will be found swollen, and of a good colour. Dredge them with salt and serve.

POTATOE CHIPS.

Potato Chips are done in the same way, only that the potatoes are cut round and round as if you were peeling an apple. The rings should be kept entire, and these chips are usually served on a folded napkin.

POTATOE BALLS (German.)

Steam a sufficient number of flowery potatoes—say twelve, beat them lightly with a fork, add salt,

and a cup of cream—or, failing this, a $\frac{1}{4}$ lb. of butter—and beat them until there are no lumps; then take two table-spoons and form the potatoes into the shape of eggs; take a handful of vermicelli, crush it rather small, beat two eggs, roll the potatoe balls in the eggs, and then in the crushed vermicelli, taking care to cover them equally. Fry, and serve on a napkin.

CABBAGE.

Shred a firm white cabbage small, and throw it into salt and water, then boil it in water, in which a little vinegar is added; drain the cabbage. Take two ounces of butter, melt it in a saucepan, dredge in a spoonful of flour, add salt, white pepper, and a cup of milk. Make the cabbage thoroughly hot in this sauce.

BRUSSELS SPROUTS.

Boil them ten minutes in salted water, drain them, and stew them in a good bouillon, in which squeeze the juice of half a lemon added to a little white pepper and salt.

ARTICHOKEs (Greek.)

With oil—most excellent.

Take twelve artichokes, peel them, take out the choke, and cut them in slices; take the juice of three lemons and pour over them, cover closely and let them remain until they are white. Peel twelve small onions, give them one boiling in salt and water, drain them, and dry in a napkin; then add them to the artichokes, turn over several times in lemon-juice, take a saucepan, arrange all carefully at the bottom, mix a cup of water and what

remains of the lemon-juice with a little salt, pour it over the artichokes and onions, and over all a cup of very fine olive oil. Let it boil up quickly once, then draw aside and simmer gradually until the artichokes are tender. Serve cold.

SAUER KRAUT.

In the autumn, when cabbages are large, white, and firm, take as many as you think your cask will hold (generally about fifty), take off all the outer leaves, cut the stalk even with the cabbage, and cut the stalk part in four, so as to make each cabbage in four at the stalk part, but not at the top; take a well-cleaned cask, put at the bottom of it a layer of Indian corn (maize), and a layer of salt, then a row of cabbages pressed firm and compact, a layer of salt, and so on alternately until the cask is full. When you get to about the middle of the cask, put two large pieces of horseradish, a bunch of thyme, and a bunch of fennel. When the cask is full to the brim with cabbages, pour in cold water until the cabbages are covered, place a lid on the cask, and heavy stones on the lid. In six weeks, the water must be drawn off into another cask, and again poured over the cabbages. This must not be done indoors, for the smell is very unpleasant.

CUCUMBERS STUFFED (Roumanian).

Take six cucumbers of equal size, peel them, scoop out the whole of the seed so as to leave only hollow tubes, sprinkle the cucumbers with salt, and leave them to drain. Stuff with veal, or chicken, (previously cooked) chopped fine, and seasoned, and

place them to stew gently in an enamelled saucepan, with half-pint of sour cream.

ONIONS STUFFED (German).

Take six large white onions, peel them, and boil until tender in salted water. Chop equal parts of fat and lean pork, season well with pepper, salt, and a little sage, add an egg beaten. Scoop out the centre of the onions, and fill them with this meat, piling it high in the middle. Arrange the onions in a porcelain saucepan just large enough to contain them, pour in a $\frac{1}{4}$ lb. of butter melted, and let them fry until they have taken a good colour; then add a cup of rich gravy, into which you have previously mixed half a spoonful of flour, incorporate with the butter, then cover the saucepan, and leave it to stew gently.

BAMÉ (Turkish.)

(CORNE GRECQUE, in French).

Take young bamés, pour over them boiling water and a little salt, cover close and leave until cold, then drain, and fry gently in butter; take two spoonfuls of sour grapes, add them and a cup of good bouillon, and let all stew gradually. In another pan make a rich stew of a young chicken cut in pieces; mix with the bamé, and serve. Or grill mutton cutlets, and serve on the bamés. If sour grapes are not to be had, substitute the juice of two lemons, or the pulp of six tomatoes.

TOMATOES STUFFED.

Take six or eight tomatoes of equal size; with a pointed knife cut out the stalk part, then

with a teaspoon scoop out the seeds and water, leaving the pulp; turn them over and let them drain. Take a small piece of lean, tender beef, and half its weight of suet, chop them together very finely, add pepper, salt, and a little nutmeg, and the white of an egg, fill the tomatoes with this mixture, place them in an oven-pan, stalk part upwards, and add some small slices of butter.

TOMATOES STUFFED WITHOUT MEAT.

Prepare the tomatoes as in the preceding receipt, only take out more of the pulp, which place on the fire with an onion, a piece of garlic, pepper and salt. Let all boil quickly and uncovered until you have a thick paste. Take two spoonfuls of stale bread crumbs, mix them into this paste, with which fill the tomatoes. Cover the surface with raspings, add $\frac{1}{4}$ lb. of butter, and bake.

TOMATO SAUCE.

Cut in two, eight ripe tomatoes, add a bay-leaf, a piece of garlic, a little cayenne and salt; let all boil together for half an hour, take out the bay-leaf and garlic, and rub the rest through a sieve. If it is thought desirable to make it thicker, roll a lump of butter in flour and add it to the sauce, which must be afterwards boiled.

EGG PLANT (Aubergine).

This is a favourite vegetable in Turkey, where it is served in different ways. It is a blackish purple outside, and is usually about the size of a goose's egg.

fry a sliced onion in butter, add the duck and fry it, season well with white pepper (*no salt*), add a morsel of garlic, and a bay-leaf, with a cup of good stock, let all simmer until the duck is tender; drain the slices of cucumber, add them to the duck, let all become hot, and then serve.

SALTED CUCUMBERS (Russian)

are served raw and entire, to be eaten with roast meat, in place of salad, or prepared in several ways with meat, duck, or goose.

Take a clean cask, half fill it with salt and water strong enough to bear an egg, then throw in perfectly dry cucumbers, a handful of peppercorns, a bunch of fennel, and a bunch of celery leaves. Cover the cask over, place a heavy weight on the top, and let the cask be gently shaken every day. The cucumbers keep good all the winter, and in Russia are eaten without vinegar.

SAUER KRAUT AND GOOSE.

(Roumanian.)

Take one or two sour cabbages, cut them in thin shreds, mix with them a tablespoonful of peppercorns, fill a large baking-dish with this, and lay on the top a very fat goose, inside which place salt, pepper, and any other seasoning you like. Let this be put in an oven, and bake very gradually.

CHAPTER VII.—PUDDINGS.

<i>Almond.</i>	<i>Raspberry.</i>
<i>Apple.</i>	<i>Sultan's.</i>
,, <i>Baked.</i>	<i>Sultana's.</i>
,, <i>Charlotte.</i>	<i>Sago.</i>
<i>Arrowroot.</i>	<i>Tutti Fructi.</i>
<i>Acacia Pancakes.</i>	<i>Vanilla.</i>
<i>Beignets.</i>	<i>Iced Puddings.</i>
<i>Bakewell.</i>	,, <i>Chocolate.</i>
<i>Cocoanut.</i>	,, <i>Cherry.</i>
<i>Cream.</i>	,, <i>Chestnut.</i>
<i>Cabinet.</i>	,, <i>Pineapple.</i>
<i>Fig.</i>	,, <i>Nut and Citron.</i>
<i>Ground Rice.</i>	<i>Pudding Sauces:</i>
<i>Harem.</i>	<i>Brandy.</i>
<i>Lemon.</i>	<i>Château.</i>
,, <i>Baked.</i>	<i>Currant.</i>
<i>Mincemeat Pudding.</i>	<i>Lemon.</i>
<i>Muffin.</i>	<i>Pineapple.</i>
<i>Plum.</i>	<i>Raspberry.</i>
<i>Pancake Pudding.</i>	<i>Strawberry.</i>
	<i>Vanilla.</i>

ALMOND PUDDING.

Take $\frac{1}{2}$ lb. sweet almonds, and ten bitter ones, blanch, and beat into a fine paste, add a wineglassful of orange flower water, and the same of rum; make a syrup with $\frac{1}{2}$ lb. sugar and half-pint of water; when it is cool, mix with it the yolks of six

beaten eggs, stir all the ingredients together; beat to a solid froth the whites of six eggs, mix them into the pudding, butter a pudding dish, shake all round it some sifted raspings, pour in the pudding, bake in a gentle oven; when baked enough, turn out carefully, and serve with pineapple sauce.

APPLE PUDDING.

Make a soft marmalade with twelve large apples, beat the yolks of four eggs, which mix with four spoonfuls of biscuit-powder, the same of sugar and the grated rind and juice of a lemon, add $\frac{1}{4}$ lb. of butter, gently melted; last of all add the marmalade, mix well, and pour into a buttered baking-dish. Cook in a slow oven, and when ready, pour over it the whites of the eggs beaten to a strong froth, with two tablespoonfuls of sugar; return the pudding to the oven, for the whites of the egg to harden, but not to brown.

BAKED APPLE PUDDING.

Take six large apples, peel them, scoop out the cores, and fill the holes with sugar and butter mixed, butter a baking-dish, place the apples in, side by side, make a batter with three eggs, two spoonfuls of sugar, the same of flour, and a glassful of white wine, pour over the apples, and bake the pudding very gradually. Sift sugar over and serve.

APPLE CHARLOTTE.

Take slices from a large stale loaf, cut in strips about one inch wide and three long, melt some butter, dip the pieces of bread in the melted butter, line a large mould with these pieces of bread, taking care that they fit exactly, and that there is not the

smallest space in the mould left uncovered by the bread. Make a thick marmalade of apples, sufficient to fill the mould, sweeten it, and while hot, mix in $\frac{1}{4}$ lb. butter and the yolks of three eggs, fill the mould with this, cover over with strips of bread in the way that you have lined the mould, lay a paper on the top, and when the bread begins to brown, turn the pudding out carefully, and serve.

ARROWROOT PUDDING.

Pour a pint of boiling milk upon two spoonfuls of arrowroot, stir it well, add the yolks of four eggs, $\frac{1}{4}$ lb. of sugar, and the grated rind of a lemon; butter a basin, cover all over with dried, or candied cherries, pour in the arrowroot mixture, lay a paper over, and steam for an hour; serve hot with cherry sauce.

ACACIA PANCAKES.

Take bunches of white acacia flowers, when they are in full bloom, and have all their perfume. Make a batter with four eggs, four spoonfuls of flour, a spoonful of sugar, and a tumbler of white wine. Take a deep enamelled saucepan, put in a pound of lard, bring it to the boiling point very gently, then dip the bunches of acacia flowers, one by one, into the batter, and plunge immediately into the boiling lard; they should come out a pale yellow, and look like bunches of grapes. Serve hot, with sifted sugar over them.

BEIGNETS or GOGOSI.

Boil a pint of milk, add two ounces of butter, a teaspoonful of vanilla sugar, and a spoonful of

plain sugar ; while boiling, stir in gradually flour, until the mixture becomes thick, and detaches itself from the pan ; withdraw it from the fire, stir in the yolks of six eggs, a wineglassful of rum, and sugar to the taste ; let it cool, and then place 1 lb. of lard in an enamelled pan, let the lard boil very gradually ; when boiling, drop in small pieces of the paste, fry a pale brown, drain on a napkin, open some with a sharp knife, and insert a candied cherry, or a piece of angelica ; leave the rest plain, serve hot, piled high one above the other, and sift sugar over.

BAKEWELL PUDDING.

Line a dish with short paste, lay at the bottom of it a layer of apricot jam ; take twenty walnuts unpeeled, pound them in a mortar, with the kernels of any fresh fruit which you may have—such as apricots or plums ; failing these add five bitter almonds to the walnuts, and beat together, then spread over the jam. Take the white of one egg, and the yolk of five eggs, the juice and grated rind of a lemon, a spoonful of brandy, $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of butter beaten to a cream ; mix all these together, and pour over the walnuts and jam. Bake in a moderate oven, serve either hot or cold.

COCOANUT PUDDING.

Peel and grate the whole of a fresh cocoanut, make a syrup with $\frac{1}{2}$ lb. of sugar to half a pint of water, add it to the cocoanut, beat separately the yolks and whites of six eggs, grate the rind of two lemons, stir in the yolks of egg, and lemon rind, and last of all the whites of the eggs ; butter a baking dish, and bake the pudding until the top is brown.

CREAM PUDDING.

Beat five eggs, mix with two tablespoonfuls of the finest sifted flour, one pint of sweet cream, a glass of sherry, and a tablespoonful of brandy; lastly mix in $\frac{1}{2}$ lb. of sugar, place in a buttered mould, lay a thick paper over the top, and steam the pudding for one hour.

CABINET PUDDING.

Take a stale French roll, cut it in thin slices, pour boiling milk over the slices, butter a pint mould, cover it thickly with sultana raisins, sliced and blanched almonds, and candied citron; lay in a row of the soaked slices of roll, then more raisins, almonds, and citron. Make a custard with the yolks of four eggs and half a pint of milk, sweeten it, add a tablespoonful of brandy, pour in some of this mixture, then more slices of bread and fruit, until the mould is three parts full. It must then be quite filled with the custard, a thick paper laid over, then tied securely in a cloth, and steamed, or boiled an hour and a half. The best sauce for this pudding is curaçoa poured round it, with thin strips of candied angelica as ornament.

FIG PUDDING.

Fill a pint mould with stale bread crumbs; chop $\frac{1}{2}$ lb. beef suet fine, chop also $\frac{1}{2}$ lb. figs, powder $\frac{1}{2}$ lb. sugar. Mix all these together, with the grated rind and juice of a lemon. You will find that you will require all the bread crumbs which I have directed, as the pudding must be pressed compactly into the mould. Cook in the same way as plum pudding (p. 61), but boil the fig pudding only an hour

and a half. Sauce for this pudding : take the beaten yolks of four eggs, add sugar to the taste, gradually mix in a glass of sherry and the juice of a lemon, warm but do not boil the sauce.

GROUND RICE PUDDING.

Take $\frac{1}{2}$ lb. ground rice, boil it in two pints of milk, with some shreds of vanilla. When cold, mix it with a cup of sweet cream, five eggs beaten, $\frac{1}{2}$ lb of sugar, $\frac{1}{2}$ lb. of butter slightly melted, and a wineglassful of brandy, line the edge of a pudding dish with puff paste, pour in the mixture, and bake in a moderate oven.

HAREM PUDDING.

Boil a pint of cream with two spoonfuls of fine flour ; when cold, mix in four eggs beaten, an ounce of pistachio nuts (blanched), $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter slightly melted, mix and bake in small cups ; serve with strawberry sauce.

LEMON PUDDING.

Fill a mould with bread crumbs as in the recipe for fig pudding, then mix with $\frac{1}{2}$ lb. of sugar, and $\frac{1}{2}$ lb. beef suet, the grated rind and juice of two large lemons, and one egg. Cook in the same way, and serve with the same sauce, as the fig pudding.

BAKED LEMON PUDDING.

Take a cupful of bread crumbs, the grated rind of two large lemons, $\frac{1}{2}$ lb. butter, place in a dish, and pour over one pint of boiling milk ; cover close. When cold, stir in three beaten eggs, a glass of rum, and $\frac{1}{2}$ lb. of sugar, bake lightly, and serve either or cold.

MINCEMEAT PUDDING.

Butter a pudding-mould, lay in a thin layer of mincemeat, slice two stale rolls, dip them in milk, and put in alternate slices of roll, and layers of mincemeat, until the mould is full. Make a cold custard with five eggs and half-pint of milk, pour it over the pudding, let it rest half-an-hour; if the mould be not then quite full, pour in more milk. Cover with paper, and a plate over the paper, steam an hour and a half. Serve with château sauce.

MUFFIN PUDDING.

Take two stale muffins, cut them in thin slices, and pour a pint of boiling milk over them, cover close, and let stand until cold. Butter a pudding mould or basin, cover it with large, stoned raisins, and chopped almonds, lay in a layer of muffins, then a layer of raisins, and so on alternately until the basin is full. With the milk which remains, make a custard with four beaten eggs, mix with a spoonful of vanilla sugar, $\frac{1}{4}$ lb. of sugar, and a spoonful of brandy, pour this mixture over the muffins and raisins in the basin, lay a sheet of paper doubled on the basin, and on that a plate; half fill a baking dish with water, place the pudding in the baking dish, and the whole in a moderate oven. It must cook very gently; when ready, turn out of the basin, and pour round the pudding some curaçoa, or other liqueur.

PLUM PUDDING.

Take 1 lb. of the following:—Sifted sugar, stoned raisins, sultana raisins, currants, and beef suet. Let all be prepared the day before. Commence

making the pudding by breaking in a bowl and beating ten eggs with a little salt, add two tablespoonfuls of honey, ditto of flour, then the 1 lb. of sugar, and the same quantity of bread crumbs. Mix all well together, next stir in half a teaspoonful of carbonate of soda, the same of mixed spice, half a nutmeg grated, the juice and grated rind of a fresh lemon, $\frac{1}{2}$ lb. of mixed candied peel shred fine, $\frac{1}{4}$ lb. of sweet, and ten bitter almonds blanched and cut, and last of all stir in the fruit with a tumblerful of rum ; this is enough for two good-sized puddings. Butter tin pudding moulds, fill them to the brim, lay a sheet of thick writing paper over the top, and over this, tie very securely a doubled cloth. Have a pan of boiling water ready, plunge in the puddings, cover them close, and as the water boils away, keep adding more boiling water, so that the puddings are always covered. At the end of five hours take them out, remove the cloth, carefully remove the paper also, and if the pudding is to be eaten at once, turn it out of the mould, ornament it with holly, pour a little brandy round (not over it), and set fire to the brandy. If you wish to preserve the puddings for some time, when you have removed the cloth, and paper, wipe off all moisture from the pudding and tin, lay another sheet of paper over, and tie down with a fresh cloth. You may then send them to India if you wish ; they are quite good at the end of six months, and only need to be boiled afresh for two hours.

PANCAKE PUDDING.

Make a batter with three eggs, three spoonfuls of flour, and a pint of milk, fry the pancakes in boiling

lard, make them very small and thin, drain them, and roll up in each a teaspoonful of strawberry, or apricot jam ; then butter a baking-dish large enough to hold the rolled up pancakes in two layers, place them in the dish, make a cold custard with a pint of milk, the yolks of four eggs, a spoonful of vanilla sugar, and enough plain sugar to sweeten ; pour over the pancakes, add a few slices of butter, let the pudding cook in a gentle oven, with the door partly open. It must be sent to table in the dish.

BAKED RASPBERRY PUDDING.

Butter a dish, and lay in a thick layer of raspberry jam, beat two ounces of sweet, and ten bitter almonds, take a cup of bread crumbs, a cup of sugar, and a cup of milk, which mix with the almonds and four beaten eggs ; lastly add a $\frac{1}{4}$ lb. of butter, slightly melted ; pour all over the jam, and bake with this dish, placed inside a larger baking dish, half full of water.

SULTAN'S PUDDING.

Butter a basin, and cover it with a thick layer of strawberry jam, blanch two ounces of pistachio nuts, shred them fine, and put a thin layer over the jam ; beat up five eggs, a cup of cream, a cup of bread crumbs, of sugar, and of butter ; put a layer of this, then more pistachios, then the mixture of bread crumbs, &c., and so on until the basin is full. Cover with a thick paper, and steam one hour. Serve with strawberry sauce.

SULTANA'S PUDDING.

Boil four tablespoonfuls of flour with one pint of milk and $\frac{1}{4}$ lb. of butter, stir carefully so that

does not burn, when cold add the yolks of four eggs, $\frac{1}{2}$ lb. of sugar, a tablespoonful of vanilla sugar, and the rind of a lemon grated; mix thoroughly. Beat to a stiff froth the whites of four eggs, and mix them with the pudding, put all into a buttered mould, cover with a thick paper, and steam for an hour. Serve with vanilla sauce.

SAGO PUDDING.

Boil two ounces of sago in a pint and a half of milk, when cold add to it $\frac{1}{2}$ lb. of beef-suet chopped, the same quantity of bread crumbs, of sugar, and of sultana raisins, four eggs beaten, and a little brandy, grated nutmeg, and pounded cinnamon. Pour into a basin and boil three hours. Serve with sherry sauce.

TUTTI FRUCTI.

Make a short paste, roll it out thin, and cut it into rounds the size of your pudding basin, butter the basin, lay in a layer of apricot jam, then a piece of paste, next a layer of raspberry jam, then paste, and so on with plum, strawberry, and currant jam, and paste alternately, until the basin is full, tie over very securely, and boil rapidly for two hours. Serve with cold custard.

VANILLA PUDDING.

Take half a pod of vanilla, beat it with $\frac{1}{2}$ lb. of sugar in a mortar, pass it through a sieve, and return to the mortar what remains, beat it again, until all will pass through the sieve. Whisk five eggs, yolks and whites separately, mix the yolks a pint of fresh cream, then add the vanilla

sugar, last of all the whites of eggs; butter a basin, pour in the mixture, lay a paper on the top, and steam the pudding for three-quarters of an hour. Serve with pineapple, or strawberry sauce.

ICED PUDDING.

For a quart mould, you require a pint of cream, a wineglassful of maraschino, twelve yolks of eggs, $\frac{1}{4}$ lb. sugar, one spoonful of vanilla sugar, two ounces of sliced candied angelica, and $\frac{1}{2}$ lb. of candied cherries; boil the cream, stir it to the eggs, place both on the fire, make quite hot, but they must not boil, stir in gradually the rest of the ingredients, adding the maraschino last; and continue stirring until it is quite cold; place in the mould and freeze.

ICED CHOCOLATE PUDDING.

Prepare the cream and eggs as in the preceding recipe, also the sugar; stir in while the mixture is hot, two pieces of grated vanilla chocolate, and $\frac{1}{4}$ lb. of small ratifica biscuits; take care not to break the biscuits when you are stirring the pudding; last of all add a wineglassful of rum; when cold, place in the mould, and freeze.

ICED CHESTNUT PUDDING.

Prepare thirty chestnuts in compô'e; crush them, but not too small; blanch two ounces of pistachio nuts, slice them, and put them in a wineglassful of curaçoa; prepare cream, eggs, and sugar, as in the preceding recipe, stir in the chestnuts, and lastly the pistachio nuts, and curaçoa; place in a mould, and freeze.

PINEAPPLE ICED PUDDING.

Take a tin of preserved pineapples, drain the syrup away, choose the finest pieces of the fruit, which cut into thin shreds; make the cream, eggs, and sugar hot, as in the preceding recipes; add the syrup very gradually, crumble in two or three stale sponge biscuits, then the sliced pineapple, and last of all a glass of maraschino; mould, and freeze, or you may place it in several small cups, and freeze.

NUT AND CITRON ICED PUDDING.

Take a pint of filbert or hazel nuts, free them from the shell, slightly butter a baking tin, place the nuts on it, and bake a few minutes in a slow oven; with a napkin carefully rub off the outer skin, (the nuts should then be a pale yellow, but not brown); if they are not all changed in colour, return them to the oven without the skins for a minute or two, then chop them fine but do not beat them; Take a cupful of the citron conserve, the recipe for which you will find in the chapter on conserves, (you need the syrup as well as the fruit,) make your pudding with one and a half pint of cream, the yolks of twelve eggs, and sugar to the taste; when nearly cold, stir in the citron very gradually, last of all the nuts, put in a mould, and freeze.

SAUCES FOR PUDDINGS.

Chateau.

Beat the yolks of six eggs with sugar to the taste, mix gradually with half-pint of white wine, t all in a saucepan over the fire, and stir until

the sauce thickens, whisk it well with a wooden fork, and pour round the pudding.

Vanilla Sauce.

Beat six yolks of eggs, with two spoonfuls of vanilla sugar, add enough plain sugar to sweeten; pour to the eggs and sugar half-pint of boiling cream or milk, return it to the fire for a minute or two, then pour over the pudding.

Chocolate Sauce.

Boil one piece of chocolate in half-pint of milk, sweeten, adding one spoonful of vanilla sugar, pour boiling hot on to the beaten yolks of six eggs, return all to the saucepan on the fire for a minute or two, stir until the sauce thickens, pour into a basin, and beat it to a froth quickly with a wooden fork; serve.

Lemon Sauce.

Grate the rind of two lemons, make a syrup with equal parts of sugar and water, boil in the syrup the juice of two lemons, strain, put the sauce again on the fire, add the grated rinds, let it boil again, and it is ready.

Strawberry Sauce.

If you cannot procure the juice of fresh strawberries, boil a cupful of strawberry jam in half-pint of water, stir and press it well, add the juice of a lemon, and sugar if necessary; strain, and pour boiling hot, on to a spoonful of arrowroot. Raspberry, currant, and pineapple sauces are made in the same way.

Brandy Sauce.

Boil half-pint of cream, sweeten it, pour it on to the beaten yolks of six eggs, return it to the fire until it thickens then remove it, and stir in very gradually a wineglassful of brandy.

CHAPTER VIII.—PASTRY.

<i>Family Paste.</i>	<i>Apple Strudeln.</i>
<i>Puff</i> „	<i>Mandeln Küchen.</i>
<i>Raised or Scalded.</i>	<i>Mince Meat.</i>
<i>Short.</i>	<i>Mince Pies.</i>
<i>Suet.</i>	<i>Turkish Pastry.</i>
<i>Fruit Tarts.</i>	„ <i>Baclava.</i>
<i>French</i> „	„ <i>Cataifu.</i>
<i>Cheese Cakes.</i>	„ „ <i>with Cream.</i>
<i>Apple</i> „	„ <i>Tocmagi.</i>
<i>Curd</i> „	<i>Roumanian.</i>
<i>Lemon.</i>	<i>Turta dulce.</i>
<i>Maids of Honour.</i>	<i>Vanilla Sugar for flavour-</i>
<i>German Pastry.</i>	<i>ing.</i>

PASTRY.

THE requisites of the pastry-dresser are : a glass rolling-pin, several sieves of different size and fineness, several porcelain basins of different sizes, a wooden salad-fork for beating eggs, several wooden spoons, a jar of fine, dry salt, a jar of fine, dry white sugar, a lemon-grater, a small mortar, a larger mortar. A *glassful* means a tumblerful, a *spoonful* a tablespoonful. The pastry-closet should be cool and dry, and there should be a supply of rough ice, mixed with coarse salt, to place under butter, cream, and jelly. In all these receipts, powdered sifted loaf sugar is to be used.

PUFF PASTE.

Take $\frac{1}{2}$ lb. of fine flour, and a quarter of a salt-spoonful of salt, sift them together into a pint basin; make into a paste, with as little water as possible; take it in a lump out of the basin, and roll it in a clean cloth; take $\frac{1}{2}$ lb. of fresh butter, work it in a small basin with a wooden spoon, until all the water is separated from it. Now roll the paste out, one inch thick, lay the butter on it, fold over the edges, so as to quite cover the butter, roll it out carefully, fold it up again, and wrap it in the cloth. Do this three times, at intervals of seven, or eight minutes. After the third rolling the pastry is ready for use. If carefully followed, this receipt never fails, but gives you the best French *Feuilletage*. It is understood that you should be preparing other dishes, while making this, or much time will be wasted. N.B.—This paste can be quite well made with salt Dutch butter, but the butter must be washed several times in milk, or in water, and no salt mixed with the flour.

PUFF PASTE WITH SUET.

Suet is generally used, both in India and Eastern Europe, men-cooks especially preferring it to butter. For meat *vol au vents*, it is preferable; but for tarts, butter is to be desired. Take $\frac{1}{2}$ lb. of fresh beef suet, free it from skin, and cut out any part that may be red, veiny, or stained, beat it in a large mortar until it is a compact mass, and has the appearance of butter. Proceed in the same way as in the preceding receipt, only let the yolks of two eggs be beaten, and mixed with the water with which the ^{is} is made.

SCALDED PASTE, For Raised Pies, or for Pies in Moulds.

Sift, and make thoroughly hot in the oven 4 lbs. of fine flour; add a teaspoonful of salt. Take 1 lb. of butter, melt it, and free it from all impurity, take 1 lb. of lard, melt it, and put it with the butter in a copper pan on the fire; have in another pan a pint of boiling water; as soon as the butter and lard are at boiling point, add *gradually* the boiling water, and let all boil together; keep stirring with a wooden spoon; then make a hole in the flour, and let one person pour gradually the mixed fat and water, scalding hot, on to the hot flour, while another person mixes it, and beats all together, with a wooden spoon. As soon as possible, it should be well kneaded with the hands, until it is as smooth as, and bears the consistence of putty; it should be cut into pieces, and formed into small round loaves. It is then ready for *raising*, with the hand, for Melton pies; and for lining and covering moulds, for Yorkshire pies. N.B.—It is not good for tarts.

SHORT PASTE.

Take $\frac{1}{2}$ lb. of flour, a tablespoonful of fine dry sugar, a quarter of saltspoon of salt; sift all together; free $\frac{1}{2}$ lb. of fresh butter from water, crumble it into the flour, incorporate it thoroughly, and make it into a stiff paste, with the beaten yolks of two eggs, mixed in a little water. This is the *Pate Brisè* of the French.

BISCUIT PASTE.

A plainer kind of short paste for family fruit tarts: take 1 lb. of flour, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of

lard, a little salt, and make into a stiff paste, with milk or water, work it well, cover it up, and leave it for some time before you use it; it can be left with advantage even for a day, before being used.

FRUIT TARTS.

English tarts are usually only fruit placed in a deep dish, with sufficient sugar, and covered with either puff, or short paste.

FRENCH TARTS

Must be made of the short paste. Line a tart-tin with this paste, of equal thickness all over; of the cuttings, shape flowers and leaves, which bake separately. Before you put the paste in the oven to bake, fill it with flour. When it is baked turn out the flour, fill with a rich compôte of any kind of fruit, and ornament with the leaves, and flowers. N.B.—Rice is generally recommended for keeping vol-au-vent, and tart-cases, in shape while baking, but flour is preferable. It can be utilised afterwards in gravies, or for biscuits.

CHEESE CAKES.

Line small patty-pans with either puff or short paste, and fill with any of the following mixtures:—

Apple Cheese Cakes.

Make a thick marmalade with six large apples, and the grated rind and juice of a lemon, three stale sponge biscuits, the yolks of three eggs, half a tea-spoonful of pounded cinnamon, and sugar to the taste. Put in patty-pans, lined with paste, and bake.

Curd Cheese Cakes.

Half-pound of curd, and $\frac{1}{2}$ lb. butter, rubbed together through a coarse sieve; the yolks of three eggs, a wineglassful of brandy, $\frac{1}{2}$ lb. of currants, a little nutmeg, and sugar to the taste.

Egg Cheese Cakes.

Boil nine eggs for quarter of an hour, lay them in cold water, remove the shells, and the whites. The yolks should be quite hard; rub them through a sieve with $\frac{1}{2}$ lb. of butter, and add the rest of the ingredients, as in curd cheese-cakes, omitting the curd, and substituting a cupful of crushed, stale sponge biscuit.

Lemon Cheese Cakes.

Place in a saucepan $\frac{1}{4}$ lb. of butter and 1 lb. of pounded sugar, let them melt, add gradually the grated rind and juice of three lemons; beat up six fresh eggs, add them to the mixture, stir over a slow fire, until it is thick, but does not boil. This preparation will keep good a long time. Line patty pans with puff paste, and fill with this mixture.

Richmond Maids of Honour.

Half-pound of fresh curd, $\frac{1}{2}$ lb. of fresh butter, rubbed *together* through a sieve, the yolks of four eggs, a tablespoonful of brandy, 1 oz. of sweet almonds, 1 oz. of bitter almonds, blanched and beaten, the grated rind and juice of a lemon, a little nutmeg and sugar to the taste.

MINCE MEAT.

Take three large lemons, boil them in water until quite tender, changing the water four times, to take off the bitterness. When cold, cut them in half, and remove the seeds, pound the rest to a fine pulp. Take 1 lb. of currants, 1 lb. of raisins stoned, 1 lb. of sultana raisins, 2 lbs. of apples, chopped, but not too small, 2 lbs. beef suet, chopped, 1 lb. of sifted sugar, 2 oz. sweet and 10 bitter almonds, blanched, and sliced fine, $\frac{1}{2}$ lb. of mixed orange, lemon, and citron-peel, shred fine, the grated rind and juice of a fresh lemon, half-a-saltspoonful of salt, a nutmeg grated, and a teaspoonful of mixed spice. Mix these ingredients together, with half-pint of rum, place in a jar, and tie over with thick paper. This mincemeat will keep good all the winter.

MINCE PIES.

Line some small patty-pans with either puff, or short paste, put in a spoonful of mincemeat, lay on covers of the paste, neatly cut to the shape of the patty-pan; bake in a slow oven, and serve either hot or cold.

APPLE STRUDELN.

Take 2 lbs. of flour, a little salt, two beaten eggs, and 1 lb. of butter; rub the butter into the flour, mix the eggs with a little warm water, make all into a soft paste, knead it well, roll in a napkin, and place in a covered pan near a fire. Make a good apple marmalade, sweeten it, chop 2 ozs. of blanched sweet almonds, put them in the marmalade, with a teaspoonful of powdered cinnamon, and

a $\frac{1}{2}$ lb. of sultana raisins; mix all together, and let it grow cold. At the end of half an hour, spread a large cloth all over the pastry table, secure it at the corners, so that it may be tight; dredge the cloth lightly with flour, take the paste and spread it over the cloth, until it is no thicker than a sheet of paper; then take the exact size of a round tinned copper baking-tin, cut twenty rounds of paste, lay them in the tin, one on another, with the marmalade mixture between each; bake carefully and serve hot, with sifted sugar and cinnamon over. Instead of cutting the paste round, you may leave it its full size, spread the marmalade all over, and then roll the paste, as you would a roly poly pudding; place it in the baking-tin round and round, snail-like, without cutting it.

MANDELN KÜCHEN (German.)

Take 1 lb. of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, mix them well, make into a soft paste with a wine-glassful of sherry, ditto of cream, and the beaten yolks of four eggs; cover the paste in a napkin and let it rest. Take $\frac{1}{2}$ lb. of sweet, and ten bitter-almonds, blanche and chop them very small, add the juice of a lemon, the grated rind, $\frac{1}{4}$ lb. of sugar, and a wineglass of orange flower-water; mix. Now roll out the paste as thin as a sheet of paper, turn the round baking-tin over it, and cut as many rounds as you can. Dry the tin, and lay in the first round of paste, spread over it a little of the almond mixture, then a layer of paste, go on until you have used all of each; let the last be a layer of paste; lay a sheet of paper over the tin, and bake in a gentle oven.

When cooked, sift sugar over the top of the cake ; it may be eaten either hot, or cold.

BACLAVA (Turkish)

In this and the following receipts follow the directions most implicitly :—Rub into 2 lbs. of flour 2 ozs. of butter, beat up two eggs, mix them with warm water, and make a very soft paste. Roll it up tightly in a napkin, and put in a warm place. Blanche and beat $\frac{1}{2}$ lb. of sweet, and ten bitter almonds, add half a teaspoonful of pounded cinnamon, a spoonful of vanilla sugar, three spoonfuls of ordinary sugar, one spoonful of cream ; mix. Take the paste now, and cut it into twelve pieces. Lay a fine cloth all over the pastry-table, secure it at the corners, and commence rolling out the paste as thin as paper ; lay one layer upon another, then put a layer of almonds, two or three more layers of paste, and so on, taking care that you have at least two layers of the paste on the top. Press all together very lightly with the palm of the hand ; take a sharp knife, and cut through all the layers at once, in diamonds. Melt 1 lb. of fresh butter, skim it and free it from sediment, place it in a shallow dish, and immerse, piece by piece, the pastry ; as you do this, arrange it on the baking-tin, taking care that the pieces do not touch each other. When you have dipped all in butter, bake in a moderate oven. Make a pint of syrup as directed for conserves, let it be very clear ; cool it a little. When the Baclava is cooked, pour the syrup over it ; at the end of an hour, drain what syrup there is in the dish, pour it over a second time, keeping the dish by the side of the fire if you wish to serve the

pastry warm, setting it in a cool place if it is to be eaten cold.

CATAIFŪ (Turkish.)

Take 2 lbs. of flour, make it into a soft paste, with the yolks of two eggs, mixed with warm water; add a little salt. Let the paste rest half an hour, rolled in a napkin, then work it and knead it well, roll it as thin as possible, and let it dry a little, then roll it up as you would a roly poly pudding; take a sharp knife and cut it down in shavings. It should fall as thin as vermicelli; spread on a tin to dry, but it must not take colour. It is well to prepare this the day before you want it; it will keep good for a week. Melt 1 lb. of butter as for Baclava, throw in the dried paste a spoonful at a time, and when it is thoroughly saturated take it out and put in a round baking-tin; after you have soaked all in butter, press it down like a cake and bake it. When it is half cooked, pour the melted butter on it again, and return it to the oven. Prepare a syrup as for Baclava, adding a wineglassful of orange-flower water, pour the syrup on to the cataifū as soon as it is cooked, drain and pour it over, until all is absorbed. It is good hot or cold, but it is usually served warm, unless it be with cream, when it is always sent cold to table.

CATAIFŪ WITH CREAM.

Make it as in the preceding receipt, only bake it in two tins, and let it be half the thickness; pour the syrup over as before. When it is all absorbed, and the cakes cold, lay on the top of one, one pint of

whipped cream, sweetened with vanilla sugar, place the second cake on the cream, and serve.

TOCMAGI.

Make a batter with five yolks of eggs, a little salt, 1 lb. of flour, and one pint of milk. Put $\frac{1}{2}$ lb. of butter in a saucpan, when it is melted pour in the batter, keep stirring it until it boils, and then turn it out on to a pasteboard. When cool cut it in small pieces, roll each with the hand to the shape of a thick sausage, dip them into beaten white of egg, and then roll them in cinnamon sugar, which is made by mixing a teaspoonful of powdered cinnamon in a cup of sugar; fry the Tocmagi in butter, pile up, and serve with sugar sifted over.

TURTA DULCE (Roumanian.)

The Gingerbread of the East.

Mix well together, 1 lb. of flour, the grated rind of a lemon, $\frac{1}{2}$ lb. of sugar, a teaspoonful of pounded cinnamon, and six cloves pounded. Melt 1 lb. of honey on the fire, but do not let it boil; pour it on to the flour, &c., and work into a paste; knead it well, and let it rest for an hour, then roll it out an inch thick, bake it, and put comfits on the top.

VANILLA SUGAR

Is made by pounding 1 lb. of sugar, with one vanilla pod, cut in small pieces; it must be beaten until all will pass through a sieve, then kept in a corked bottle.

CHAPTER IX.—JELLIES AND CREAMS.

Blanc Mange.
Do. Russian.
Do. Eggs.
Jellies :—
Calf's-foot.
Claret.
Orange.
Strawberry.
Yellow.
Lemon Sponge.
Old-fashioned Trifle.
Whipped Creams :—
Currant.
Chestnut.
Citron.

Whipped Creams :—
Hazel Nut.
Pistachio.
Snow.
Smooth Creams :
Almond.
Burnt Sugar.
Caramel.
Chocolate.
Rice.
Snow.
Vanilla.
Vanilla and Currant.
On Moulds.

BLANC MANGE.

Dissolve one ounce of isinglass in half-pint of milk, add a pint and a half of cream, one ounce of sweet, and ten bitter almonds, blanched and beaten, the thin rind of a lemon, and $\frac{1}{2}$ lb. of sugar. Boil gently, strain into a basin through a fine muslin, and at the end of ten minutes put it into a mould, leaving the sediment in the basin. Use a pointed mould, and in each point, put a candied cherry, or chestnut, or rings of angelica. When you turn it

out of the mould, ornament it with the same fruit as that in the mould.

RUSSIAN BLANC MANGE

Is made without milk or cream. Take $\frac{1}{2}$ lb. of sweet, and fifteen bitter almonds and blanche them well, leaving them in cold water one hour; then beat them, and add to one ounce of isinglass $\frac{1}{2}$ lb. of sugar and a quart of water. Stir, on a slow fire, until the isinglass is dissolved, let it boil, and then let it rest half an hour; after which strain through a muslin, squeeze it well into a basin, stir several times, and when cool pour into a mould.

BLANC MANGE WITH EGGS.

A very pretty dish is made by half filling tea-cups with blanc-mange; when stiff, turn them out and place on the top of each, half an apricot taken from the apricot conserve. These are to be placed round a dish, with whole eggs piled up in the centre, which are made in the following way. Cut off the top of the shell of several eggs and drain the eggs from them; then place the shells in a dish of bran, or flour, to hold them straight; fill the shells with blanc mange, and when cold take off the shells, and pile in the centre of a dish. Milk may be used instead of cream, for these eggs.

CALF'S FOOT JELLY.

Cut in small pieces a very fresh calf's foot, put it in a saucepan, and pour over it one quart of cold water; let it boil gradually, remove the scum, and leave it on the fire until the water is reduced to a

pint, then strain it and leave until next day. Remove the fat and sediment, melt the jelly again very slowly, add the thinly-peeled rind of a lemon, the juice, $\frac{1}{4}$ lb. of sugar, a glass of sherry, and a wineglassful of brandy. Whisk together the whites and shells of two eggs, stir into the jelly, and when it boils strain through a jelly-bag until clear.

If you wish a very dark-coloured jelly add one lump of sugar, made into caramel, in an iron spoon over the fire.

CLARET JELLY.

Take a bottle of claret, an ounce and a-half of gelatine, $\frac{1}{2}$ lb. of sugar, the rind of a lemon, and a piece of cinnamon. Melt the gelatine in a little of the wine, then add the other ingredients, boil, strain, and put into a mould.

ORANGE JELLY.

In this, as in the following recipes, it must be borne in mind, that, in summer, if you have not a plentiful supply of ice, you must use more gelatine than you would require for the same recipe during the winter. The ordinary proportions are one ounce of gelatine to one quart of liquid.

Orange jelly is made by dissolving one ounce of gelatine in half-a-pint of water. Make a syrup with one pint of water, and $\frac{1}{2}$ lb. of sugar, the rind of a lemon, the rind of an orange, and the white and shell of one egg. When it boils, add it to the melted gelatine, let it boil again, and then add half-a-pint of orange juice; let it boil a third time, then

strain through a fine muslin into a basin. It should be quite clear. When cool, fill several cups, or one mould, with this, and place on ice, or in a pan of water drawn fresh from a well.

STRAWBERRY JELLY

Is prepared in the same way. With the syrup, a piece of lemon peel should be boiled, and the juice of two lemons. If possible, you should always ornament fruit jelly with the same fresh fruit, and its leaves.

Raspberry, currant, and cherry, are made like strawberry jelly, and in winter, preserved syrups of these fruits can be used instead of the fresh fruit.

YELLOW JELLY.

Pour a pint of boiling water on two ounces of isinglass and the thin rind of a lemon; when cool, place it in a saucepan, add $\frac{1}{2}$ lb. of sugar, the juice of two lemons, a pint of sherry or madeira, and a small glass of brandy. Let all boil, and then mix very gradually with the beaten yolks of eight eggs, strain, and put into moulds.

LEMON SPONGE.

Boil one ounce of gelatine with one quart of water, the grated rind of three lemons, and $\frac{1}{2}$ lb. of sugar. Strain it through a fine muslin. When it begins to cool, mix in very gradually the beaten whites of six eggs, which should be quite firm, continuing the beating until the mixture begins to thicken; then add the juice of three lemons, beat it stiffens, and pour it into a mould.

AN OLD FASHIONED TRIFLE.

Lay in a deep china, or glass bowl, eight sponge biscuits, and a $\frac{1}{4}$ lb. of ratafias, two ounces of almonds, blanched and split as fine as straws, one ounce of candied angelica chopped, some grated nutmeg, a layer of red currant jelly, and a layer of raspberry jam; pour over this half-a-pint of sherry, or madeira, and a wineglassful of brandy. When the cakes have absorbed all the moisture, add a quart of thick cold custard. Place the bowl over ice. Take a large basin, put into it a $\frac{1}{4}$ lb. of sugar, the grated rind and the juice of a lemon, a wineglassful of brandy, and one of sherry or madeira; pour to it gradually a pint and a half of very fresh cream; whisk to a froth, and as it rises, take it off, and lay it on sieves to drain; continue whisking until there is nothing left in the basin. After the whisked cream is well drained, place the sieves containing it over ice, and when you want to send the trifle to table, pile the whipped cream high in the dish previously prepared, and scatter small coloured comfits over the whipped cream.

WHIPPED CREAMS.

Currant.

Dissolve one ounce of gelatine in half-a-pint of water, let it boil; add to it half-a-pint of currant-juice or syrup, sweeten to taste, and put in the juice of two lemons: boil and strain, and when cool, add gradually to one pint of sweet cream, previously whipped; continue whipping all together until the mixture thickens, then put it into a mould.

MINCE MEAT.

Take three large lemons, boil them in water until quite tender, changing the water four times, to take off the bitterness. When cold, cut them in half, and remove the seeds, pound the rest to a fine pulp. Take 1 lb. of currants, 1 lb. of raisins stoned, 1 lb. of sultana raisins, 2 lbs. of apples, chopped, but not too small, 2 lbs. beef suet, chopped, 1 lb. of sifted sugar, 2 oz. sweet and 10 bitter almonds, blanched, and sliced fine, $\frac{1}{2}$ lb. of mixed orange, lemon, and citron-peel, shred fine, the grated rind and juice of a fresh lemon, half-a-saltspoonful of salt, a nutmeg grated, and a teaspoonful of mixed spice. Mix these ingredients together, with half-pint of rum, place in a jar, and tie over with thick paper. This mincemeat will keep good all the winter.

MINCE PIES.

Line some small patty-pans with either puff, or short paste, put in a spoonful of mincemeat, lay on covers of the paste, neatly cut to the shape of the patty-pan; bake in a slow oven, and serve either hot or cold.

APPLE STRUDELN.

Take 2 lbs. of flour, a little salt, two beaten eggs, and 1 lb. of butter; rub the butter into the flour, mix the eggs with a little warm water, make all into a soft paste, knead it well, roll in a napkin, and place in a covered pan near a fire. Make a good apple marmalade, sweeten it, chop 2 ozs. of blanched sweet almonds, put them in the marmalade, with a teaspoonful of powdered cinnamon, and

a $\frac{1}{4}$ lb. of sultana raisins; mix all together, and let it grow cold. At the end of half an hour, spread a large cloth all over the pastry table, secure it at the corners, so that it may be tight; dredge the cloth lightly with flour, take the paste and spread it over the cloth, until it is no thicker than a sheet of paper; then take the exact size of a round tinned copper baking-tin, cut twenty rounds of paste, lay them in the tin, one on another, with the marmalade mixture between each; bake carefully and serve hot, with sifted sugar and cinnamon over. Instead of cutting the paste round, you may leave it its full size, spread the marmalade all over, and then roll the paste, as you would a roly poly pudding; place it in the baking-tin round and round, snail-like, without cutting it.

MANDELN KÜCHEN (German.)

Take 1 lb. of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, mix them well, make into a soft paste with a wine-glassful of sherry, ditto of cream, and the beaten yolks of four eggs; cover the paste in a napkin and let it rest. Take $\frac{1}{8}$ lb. of sweet, and ten bitter-almonds, blanche and chop them very small, add the juice of a lemon, the grated rind, $\frac{1}{4}$ lb. of sugar, and a wineglass of orange flower-water; mix. Now roll out the paste as thin as a sheet of paper, turn the round baking-tin over it, and cut as many rounds as you can. Dry the tin, and lay in the first round of paste, spread over it a little of the almond mixture, then a layer of paste, go on until you have used all of each; let the last be a layer of paste; lay a sheet of paper over the tin, and bake in a gentle oven.

When cooked, sift sugar over the top of the cake ; it may be eaten either hot, or cold.

BACLAVA (Turkish)

In this and the following receipts follow the directions most implicitly :—Rub into 2 lbs. of flour 2 ozs. of butter, beat up two eggs, mix them with warm water, and make a very soft paste. Roll it up tightly in a napkin, and put in a warm place. Blanche and beat $\frac{1}{2}$ lb. of sweet, and ten bitter almonds, add half a teaspoonful of pounded cinnamon, a spoonful of vanilla sugar, three spoonfuls of ordinary sugar, one spoonful of cream ; mix. Take the paste now, and cut it into twelve pieces. Lay a fine cloth all over the pastry-table, secure it at the corners, and commence rolling out the paste as thin as paper ; lay one layer upon another, then put a layer of almonds, two or three more layers of paste, and so on, taking care that you have at least two layers of the paste on the top. Press all together very lightly with the palm of the hand ; take a sharp knife, and cut through all the layers at once, in diamonds. Melt 1 lb. of fresh butter, skim it and free it from sediment, place it in a shallow dish, and immerse, piece by piece, the pastry ; as you do this, arrange it on the baking-tin, taking care that the pieces do not touch each other. When you have dipped all in butter, bake in a moderate oven. Make a pint of syrup as directed for conserves, let it be very clear ; cool it a little. When the Baclava is cooked, pour the syrup over it ; at the end of an hour, drain what syrup there is in the dish, pour it over a second time, keeping the dish by the side of the fire if you wish to serve the

pastry warm, setting it in a cool place if it is to be eaten cold.

CATAIFŪ (Turkish.)

Take 2 lbs. of flour, make it into a soft paste, with the yolks of two eggs, mixed with warm water ; add a little salt. Let the paste rest half an hour, rolled in a napkin, then work it and knead it well, roll it as thin as possible, and let it dry a little, then roll it up as you would a roly poly pudding ; take a sharp knife and cut it down in shavings. It should fall as thin as vermicelli ; spread on a tin to dry, but it must not take colour. It is well to prepare this the day before you want it ; it will keep good for a week. Melt 1 lb. of butter as for Baclava, throw in the dried paste a spoonful at a time, and when it is thoroughly saturated take it out and put in a round baking-tin ; after you have soaked all in butter, press it down like a cake and bake it. When it is half cooked, pour the melted butter on it again, and return it to the oven. Prepare a syrup as for Baclava, adding a wineglassful of orange-flower water, pour the syrup on to the cataifu as soon as it is cooked, drain and pour it over, until all is absorbed. It is good hot or cold, but it is usually served warm, unless it be with cream, when it is always sent cold to table.

CATAIFŪ WITH CREAM.

Make it as in the preceding receipt, only bake it in two tins, and let it be half the thickness ; pour the syrup over as before. When it is all absorbed, and the cakes cold, lay on the top of one, one pint of

MINCE MEAT.

Take three large lemons, boil them in water until quite tender, changing the water four times, to take off the bitterness. When cold, cut them in half, and remove the seeds, pound the rest to a fine pulp. Take 1 lb. of currants, 1 lb. of raisins stoned, 1 lb. of sultana raisins, 2 lbs. of apples, chopped, but not too small, 2 lbs. beef suet, chopped, 1 lb. of sifted sugar, 2 oz. sweet and 10 bitter almonds, blanched, and sliced fine, $\frac{1}{2}$ lb. of mixed orange, lemon, and citron-peel, shred fine, the grated rind and juice of a fresh lemon, half-a-saltspoonful of salt, a nutmeg grated, and a teaspoonful of mixed spice. Mix these ingredients together, with half-pint of rum, place in a jar, and tie over with thick paper. This mincemeat will keep good all the winter.

MINCE PIES.

Line some small patty-pans with either puff, or short paste, put in a spoonful of mincemeat, lay on covers of the paste, neatly cut to the shape of the patty-pan; bake in a slow oven, and serve either hot or cold.

APPLE STRUDELN.

Take 2 lbs. of flour, a little salt, two beaten eggs, and 1 lb. of butter; rub the butter into the flour, mix the eggs with a little warm water, make all into a soft paste, knead it well, roll in a napkin, and place in a covered pan near a fire. Make a good apple marmalade, sweeten it, chop 2 ozs. of blanched sweet almonds, put them in the marmalade, with a teaspoonful of powdered cinnamon, and

a $\frac{1}{2}$ lb. of sultana raisins ; mix all together, and let it grow cold. At the end of half an hour, spread a large cloth all over the pastry table, secure it at the corners, so that it may be tight ; dredge the cloth lightly with flour, take the paste and spread it over the cloth, until it is no thicker than a sheet of paper ; then take the exact size of a round tinned copper baking-tin, cut twenty rounds of paste, lay them in the tin, one on another, with the marmalade mixture between each ; bake carefully and serve hot, with sifted sugar and cinnamon over. Instead of cutting the paste round, you may leave it its full size, spread the marmalade all over, and then roll the paste, as you would a roly poly pudding ; place it in the baking-tin round and round, snail-like, without cutting it.

MANDELN KÜCHEN (German.)

Take 1 lb. of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, mix them well, make into a soft paste with a wine-glassful of sherry, ditto of cream, and the beaten yolks of four eggs ; cover the paste in a napkin and let it rest. Take $\frac{1}{2}$ lb. of sweet, and ten bitter almonds, blanche and chop them very small, add the juice of a lemon, the grated rind, $\frac{1}{2}$ lb. of sugar, and a wineglass of orange flower-water ; mix. Now roll out the paste as thin as a sheet of paper, turn the round baking-tin over it, and cut as many rounds as you can. Dry the tin, and lay in the first round of paste, spread over it a little of the almond mixture, then a layer of paste, go on until you have used all of each ; let the last be a layer of paste ; lay a sheet of paper over the tin, and bake in a gentle oven.

When cooked, sift sugar over the top of the cake ; it may be eaten either hot, or cold.

BACLAVA (Turkish)

In this and the following receipts follow the directions most implicitly :—Rub into 2 lbs. of flour 2 ozs. of butter, beat up two eggs, mix them with warm water, and make a very soft paste. Roll it up tightly in a napkin, and put in a warm place. Blanche and beat $\frac{1}{2}$ lb. of sweet, and ten bitter almonds, add half a teaspoonful of pounded cinnamon, a spoonful of vanilla sugar, three spoonfuls of ordinary sugar, one spoonful of cream ; mix. Take the paste now, and cut it into twelve pieces. Lay a fine cloth all over the pastry-table, secure it at the corners, and commence rolling out the paste as thin as paper ; lay one layer upon another, then put a layer of almonds, two or three more layers of paste, and so on, taking care that you have at least two layers of the paste on the top. Press all together very lightly with the palm of the hand ; take a sharp knife, and cut through all the layers at once, in diamonds. Melt 1 lb. of fresh butter, skim it and free it from sediment, place it in a shallow dish, and immerse, piece by piece, the pastry ; as you do this, arrange it on the baking-tin, taking care that the pieces do not touch each other. When you have dipped all in butter, bake in a moderate oven. Make a pint of syrup as directed for conserves, let it be very clear ; cool it a little. When the Baclava is cooked, pour the syrup over it ; at the end of an hour, drain what syrup there is in the dish, pour it over a second time, keeping the h by the side of the fire if you wish to serve the

pastry warm, setting it in a cool place if it is to be eaten cold.

CATAIFŪ (Turkish.)

Take 2 lbs. of flour, make it into a soft paste, with the yolks of two eggs, mixed with warm water ; add a little salt. Let the paste rest half an hour, rolled in a napkin, then work it and knead it well, roll it as thin as possible, and let it dry a little, then roll it up as you would a roly poly pudding ; take a sharp knife and cut it down in shavings. It should fall as thin as vermicelli ; spread on a tin to dry, but it must not take colour. It is well to prepare this the day before you want it ; it will keep good for a week. Melt 1 lb. of butter as for Baclava, throw in the dried paste a spoonful at a time, and when it is thoroughly saturated take it out and put in a round baking-tin ; after you have soaked all in butter, press it down like a cake and bake it. When it is half cooked, pour the melted butter on it again, and return it to the oven. Prepare a syrup as for Baclava, adding a wineglassful of orange-flower water, pour the syrup on to the cataifu as soon as it is cooked, drain and pour it over, until all is absorbed. It is good hot or cold, but it is usually served warm, unless it be with cream, when it is always sent cold to table.

CATAIFŪ WITH CREAM.

Make it as in the preceding receipt, only bake it in two tins, and let it be half the thickness ; pour the syrup over as before. When it is all absorbed, and the cakes cold, lay on the top of one, one pint of

do this three times, taking care that the cake mould is not more than half full—egg over the top of the cake, and bake in a moderate oven.

CURRENT CAKE.

Half-a-pound of butter, of sugar, of currants, three eggs. The butter beaten to a cream, then the sugar added, then the eggs, a teaspoonful of rum, and a little nutmeg. Make into a stiff paste with flour, roll it out thin, and cut into shapes, or round, with a wine glass.

AMERICAN CRULLERS.

Ingredients: $\frac{2}{3}$ lb. of flour, a cupful of sugar, a teaspoonful of cream of tartar, $\frac{1}{2}$ lb. of butter, three eggs, half a teaspoonful of carbonate of soda, and a few drops of almond flavouring; beat the butter to a cream, mix the cream of tartar with the sugar, then mix that with the flour, add to the butter; beat the eggs well with the soda, and make all into a light paste; cut into small pieces, and fry in boiling lard. Serve hot, piled on a napkin, with vanilla sugar sprinkled over.

DAMASCUS BISCUITS.

A quarter of a pound of beef suet chopped very small, the whites of three eggs, half-an-ounce of bitter almonds blanched and chopped small—these to be beaten to a strong white froth. In another basin beat the yolks of three eggs, with six ounces of sugar, mix all together, add sufficient flour to make a thin batter, bake in small patty pans, which must not be more than half full.

GINGER BISCUITS.

Take 1 lb. of butter, beat it to a cream, add 1 lb. of sugar, three beaten eggs, and 1 oz. of powdered ginger. Beat all together until very light, then work in as much flour as will make a stiff paste. Roll out thin, cut round with a wineglass, and bake in a moderate oven, on baking-sheets.

HONEYCOMB GINGERBREAD.

Take 1 lb. each of flour, butter, sugar, and treacle, 1 oz. of ground ginger, ten drops of essence of lemon. Melt the butter and treacle together, then mix in the rest of the ingredients, place in lumps on baking sheets, leaving space for the gingerbread to spread.

HONEY GINGERBREAD

Is made in the same way, substituting honey for treacle.

NOURMAHAL CAKE.

From a large, stale sponge cake, cut four slices an inch thick; shape the slices into rounds of graduated size, take the largest round, spread it with cherry jam, place the next size on it, and spread with apricot jam; now put on the smallest size, spread with strawberry jam, and cover over with a round of equal size. With a sharp knife cut out a large hole from the top to the bottom of the cake, mix that which you take out with some sliced candied angelica, a tablespoonful of noyau, and two tablespoonfuls of cream; pour into the hole, and pile high in the centre. Whip three whites of

eggs to a strong froth, add sugar, mask the cake with it, and put the cake into a very gentle oven, until the icing is set. Serve cold, with a thick custard, garnished with slices of angelica.

SPONGE CAKE.

Take $\frac{1}{2}$ lb. of sugar, and an inch of vanilla-pod, pound together and sift. Take five eggs, break them one by one to the sugar, beat all together for half-an-hour, then mix quickly with $\frac{1}{2}$ lb. of flour; pour into a buttered cake-tin, which must not be more than half full.

SCOTCH SHORT BREAD.

Take $\frac{1}{2}$ lb. of flour, mix it with $\frac{1}{4}$ lb. of sugar, melt (but do not oil), $\frac{1}{4}$ lb. of butter, beat it well with a wooden spoon, and mix, with the sugar and flour, into a stiff paste. Press it lightly and quickly with the hand—do not roll it—on to a flat cake-tin, pinch the edges, and lay on the top either comfits, or split almonds.

SHREWSBURY BISCUITS

Take $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, and a teaspoonful of caraway seeds, rub the butter into the flour and sugar, then add the seeds. Make into a stiff paste, with two well-beaten eggs, roll out very thin, and cut with a shape, or a wine-glass, into small biscuits.

SUGAR ICEING.

Take the whites of five eggs, beat them to a strong froth, add gradually, 2 lbs. of sugar, sifted in a *very* fine sieve, beat all together for twenty minutes, then spread on while your cake is quite

hot. Many add to the sugar an ounce of starch; others the juice of a lemon; but I think it is safer only to use white of egg and sugar.

AMERICAN TEACAKES.

One quart of flour, one teaspoonful of carbonate of soda, one teaspoonful of cream of tartar, and a piece of butter, the size of an egg, rubbed into the flour. Mix all well, and make into a paste with milk, roll out quickly into teacakes, and bake. To be eaten hot or cold, with butter.

YORKSHIRE TEACAKES

To 6 lbs. of flour allow an ounce of German yeast, mix the yeast with a little warm water, and let it stand until you have rubbed $\frac{1}{2}$ lb. of butter into the flour with a little salt; then put in the yeast, and make into a stiff paste with lukewarm milk. Knead the dough well for ten minutes, then put it in a pan, cover with a napkin, and set near a fire to rise. When the dough is well risen, cut and shape it into flat tea-cakes, touching it as lightly as possible. Place the cakes on a tin and let them rise a second time, then bake in a moderate oven. Serve hot, cut in half and buttered, or they can be toasted and buttered. They keep good for a week.

WALNUT CAKE,

Most excellent.

Ingredients: one hundred walnuts, freed from their shells (but not skinned) and pounded fine, 12 oz. of sugar, sifted, the grated rind and juice of a

lemon, nine eggs with the whites separated from the yolks. N.B.—There is neither flour or butter used. Order of preparation: take the yolks of the eggs and beat them well. In the meantime, let another person beat the whites to a strong, stiff mass. Each ought to be beaten quite half-an-hour; add the sugar gradually to the beaten yolks, then the lemon rind and juice, then a little of the white of eggs, and the pounded walnuts. Go on mixing and beating until you have used the whole of the ingredients. Bake in a shallow cake-tin (the cake should not be more than two or three inches thick) in rather a slow oven. When cold cut it into diamonds. It keeps good for a long time.

WALNUT AND JAM BISCUIT.

Ingredients: fifty walnuts, prepared as in the preceding recipe, $\frac{1}{2}$ lb. of sifted sugar, three eggs, a small wineglassful of rum, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of flour, and half a teaspoonful of pounded cinnamon; beat the butter to a cream, then add the sugar, and beat it; take three yolks and one white of egg, beat well, add to the butter and sugar, then mix in the rum, and lastly stir in the flour; the paste should not be too thick—of a sufficient consistency to spread over the tin—if it be not so, add a little more flour. Spread the paste equally over a shallow baking-tin, about an inch thick, and bake in a slow oven. When cooked, lay on the top, a thin layer of raspberry or strawberry jam; return the tin to the oven for a few minutes. During the baking of the cake, take the remaining two whites of eggs, beat them to a very strong white froth, then add the remainder of the sugar, by degrees

the pounded cinnamon, and lastly the walnuts. Spread this mixture on the top of the jam, and again return the tin to the oven, until the upper part becomes a pale brown. When the cake is cold, cut it up into any form which you may please. To keep these biscuits, put them in a tin box, with writing-paper between each layer.

CHOCOLATE CAKE.

Take the same ingredients as the preceding, leaving out the jam, the cinnamon, and the walnuts. When the cake is baked, spread over it a chocolate icing, made in the following manner: put into a saucepan a teacupful of water and three pieces of chocolate; when it begins to melt, add $\frac{1}{2}$ lb. of sugar, and continue stirring over the fire until it thickens, then lay it over the cake, and return to the oven to harden.

WHITE GINGERBREAD.

Mix 1 lb. of flour, 1 lb. of sugar, 1 oz. of ground ginger, 1 oz. of candied peel; beat with one egg, six drops of essence of lemon, and $\frac{1}{2}$ oz. of volatile salts. Melt to a cream $\frac{1}{2}$ lb. of butter. Mix all together and lay in small lumps, on a baking sheet.

CHAPTER XI.

COMPOTES, CONSERVES, MARMALADES,
SHERBETS, SYRUPS, &c.

Compôtes :—

Apricot.
Apricot (green).
Chestnut.
Currant.
Fig (green).
Mulberry.
Orange.
Plum.
Peach.
Pear.
Quince.
Raspberry.
Strawberry.

Conserves :—

Apricot.
Currant.
Citron.
Orange.
Plum.
Rose.
Sour Grapes.
Strawberry.
Walnuts.

Fruit to Bottle.

„ to keep for
Winter Use.

Jelly Quince.

Marmalades :—

Apricot.
Orange.
Plum.
Quince.

Pilaf to eat with
Compôtes.

Paste Quince.

Quinces stuffed with
Almonds.

Sherbets :—

Burnt Sugar.
Coffee.
Chocolate.
Rose.
Strawberry.

Syrups :—

Rose.
Strawberry.
To freshen Walnuts.

COMPOTES.

FOR every pound of fruit for compôte you require $\frac{1}{4}$ lb. of sugar and a glass of water, which

boil together ; then add your fruit, and let it boil until sufficiently cooked.

For compôte of plums, peaches, or apricots, peel the fruit, divide into two, take out the kernels, blanche them, and add them to the compôte after you have taken it off the fire.

Green apricots and green plums make a very good compôte ; they should be neither peeled nor stoned.

Chestnut.

Blanche a quart of chestnuts and place them to boil in water in which you have thrown a few morsels of sugar. When they are tender, drain them and roll them in a napkin. Make a syrup with 1 lb. of sugar and a glass of water ; add some small pieces of vanilla, let it boil, remove the scum, throw in the chestnuts, and let them cook until quite tender.

Compôtes of raspberries, of strawberries, and of currants, should only have a wineglassful of water added to $\frac{1}{4}$ lb. of sugar.

Green Fig.

Figs do not usually ripen well in England, though they may be advanced towards ripening, when they are full grown, by making a hole in the blossom end, and introducing one drop of purest olive oil.

In the late autumn, take green unripe figs, pour boiling water over them, to which you have added the juice and rind of a lemon, cover over, and when cold, drain the fruit and proceed as for other compôtes, adding to boil with the fruit, a lemon, sliced thin, and free from the seeds.

Mulberry.

Mulberry compôte should have claret substituted for the water with which the syrup is made, and the juice of a lemon should be added.

Orange.

Six oranges and 1 lb. of sugar. Peel the orange rind as thin as possible, cut it into small shreds like straws, and boil it in water until it is tender, changing the water three times. Take the oranges, remove all the white part and the seeds, cut them into small pieces, add them to the rind which has previously been boiled and strained; make a thin syrup with 1 lb. of sugar and one glass of water, put in your fruit, and let it boil until it looks clear and yellow.

Pears.

Pears can be made either in quarters, or whole. Put a clove in the blossom end of each, and if you wish them a fine colour, boil the peelings of the pears in a small quantity of water, and with this make the syrup.

Quince

When half cooked should be mixed with the same amount of uncooked apples, and again returned to the fire until tender.

CONSERVES.

These receipts are from Roumania, where conserve is served many times a day, with a glass of water; it is *dulceață* in the Roumanian language.

Apricot.

Apricots, magnum-bonum and other large plums are prepared in the same way. Peel the fruit, divide it in two, and take out the stones. Lay the fruit in lime water for a quarter-of-an-hour, which prevents its becoming soft, and is a great improvement; put a lump of unslaked lime, say a spoonful, into two quarts of water, stir it with a wooden spoon, and at the end of half-an-hour pour off the clear water, when it is ready for use. After the fruit has remained a quarter-of-an-hour in lime water, wash it in pure water, dry in a napkin, and leave it spread out on a napkin, or sieve, for a short time.

Make a syrup with a pint and a half of water and 2 lbs. of sugar, add a little lemon juice and the white of an egg; when the syrup is thick, strain it through muslin, and return it to the preserving pan, add 2 lbs. of fruit, boil quickly until the fruit is cooked, add the kernels, blanched, but do not boil them, and when cool put into jars.

Currant.

This conserve is a work of patience, but when well made it is the perfection of conserves. To half-a-pint of water add 2 lbs. of sugar, the white of an egg, and the juice of a lemon, boil until the syrup is thick, skim and strain the syrup through a muslin, return it to the preserving pan, and add 1 lb. of red currants, from which you have *extracted all the seeds*, (this is done by forcing them out with a long darning needle), boil quickly until the conserve jellies, and when cool put into glass jars.

Citron.

Take a ripe citron, grate off the rind (it is not to be used), cut the citron in small lumps, weigh it, and if you have 2 lbs. of citron, use the following proportions of sugar and water. After cutting up the citron, tie it loosely in muslin, and boil in two pints of water, until the pieces of citron are soft. Strain the water, and take off it two pints, add two lbs. of sugar, white of egg and lemon juice; prepare as in preceding receipts; add the pieces of citron, and when nearly ready, pour into the conserve a wine-glassful of orange flower water.

Conserve of sour grapes is prepared in the same way as that of red currants.

Orange.

Thin skinned ripe oranges should be chosen. Boil five oranges in water until the skin is tender, drain them, and when cold, remove the seeds, and cut up the oranges into small pieces, make a syrup with 2 lbs. of sugar, a pint and a half of water, white of egg, and lemon juice, and proceed as before directed; adding the pieces of oranges when the syrup is thick.

Rose.

I was told by a "Special Correspondent" during the Turko-Russian War, that he should never forget the rose fields of Bulgaria. Acres on acres of roses in full blossom he saw, destined to make the attar of roses at Constantinople. Any one who has been at Bucharest during the rose season will remember how the air is perfumed with roses, for in

the streets one is constantly coming across men and women with clothes baskets full of rose leaves, carrying them on their heads, and crying, "*Triandafiri, triandafiri, pentru dulceata.*" These roses are a dark red, but I think that the old-fashioned monthly roses of England would answer equally well, only that the conserve would be pink, instead of red.

Lay on a large cloth 2 lbs., of rose leaves, pass them slightly through your fingers, so that any seeds or green leaves may fall to the bottom; divide the leaves in two parts, those that are the finest keep until last; take the inferior leaves, place in a tinned copper preserving pan, and pour two pints of cold water on them; place the pan on the fire, and keep pressing down the leaves with a wooden spoon, and turning them round. When the mixture boils, remove the pan from the fire, and throw a muslin over it. When cold, strain the water through the muslin, and squeeze the leaves well with the hand, let the water rest a quarter of an hour, pour it off into another preserving pan, but do not pour in any sediment that there may be, then add the remaining half of the leaves, and 3 lbs. of powdered sugar; stir all well together, and boil very quickly until the conserve jellies. Let it cool a little, and then put into glass jars; those with lids are best, as then the conserve does not require tying down.

N.B. In all these conserves, *powdered* loaf sugar must be used.

Strawberry.

Take a pint-and-a-half of water, 2 lbs. of sugar, and the juice of a lemon, boil until the syrup is

thick, then add a pint-and-a-half of the finest and ripest strawberries, and boil until it jellies ; when cool put into glass jars.

Green Walnut.

This is excellent, and very easily made. Take one hundred green walnuts before the shell is formed ; peel off very finely with a knife, the green rinds, pour boiling water three times on them, fresh each time, at intervals of quarter-of-an-hour, then leave the nuts in cold water for half-an-hour. Make a syrup with 2 lbs. of sugar, and a pint and half of water, add egg and lemon juice, boil and strain in the usual way ; take half a stick of vanilla, cut it up in very thin pieces, add it to the syrup, put in the walnuts taken from the cold water and dried in a napkin, boil until ready, and put into jars.

TO PRESERVE FRUIT FOR WINTER.

A large, air-tight packing-case, with lid, is required. Take milletseed, or linseed, and strew a thick layer at the bottom of the box. Choose sound, dry fruit—pears, apples, or grapes—place lightly a layer of fruit, taking care that one does not touch another, then gently scatter the seed, filling every crevice ; then another layer of fruit, and so on alternately until the box is full. The upper, as well as the bottom layer of seed, should be deeper than the rest. I am told that melons also may be preserved in this way, but I have not tried them.

A Russian *bon vivant* informed me that in Russia they preserve both green melons, and cucumbers, in barrels during the winter, having some arrangement

by which the fruit is not disturbed when water is drawn up for use.

Bottled Fruits.

This is a very easy, and unfailing receipt ; put cleaned dry green gooseberries, ripe currants, plums, or apricots, into dry wide-mouthed bottles ; tie the bottles down over the neck very securely, with bladder, leather, or even old kid gloves; let there be an inch of the leather, or bladder, *below* where it is tied ; fill a copper with cold water, place the bottles side by side in the copper, having previously wrapped them in thick folds of newspaper to prevent their breaking ; take care that when the water boils, it does not *quite cover* the bottles, boil gently until you see that the fruit has shrunk. Then take them out of the water, and when cool, dry the bottles with a cloth, and keep in the store room for winter use. Peas may be shelled, and kept in the same way.

QUINCE JELLY

For Hare or Venison.

Slice quinces, with core and rind, place in a preserving-pan with a few lumps of sugar, cover with cold water, and boil until the fruit is soft. Strain through a very fine hair sieve, leave it until next day, then pour carefully into a pan (taking care not to stir up the sediment); to each pint of juice add 1 lb. of sugar, and let it boil ; try if it jellies, and if so skim it, and pour into small jelly-pots.

MARMALADES.

Apricot.

Take ripe fruit, put into a stewpan, cover with water, add a few lumps of sugar, and boil very fast

until the apricots are soft; then take out the stones, and rub the rest through a coarse hair sieve. To every pound of pulp add a pound of sugar, and let it boil until it jellies. Blanche the kernels, and add them to the marmalade before you pour it into jars.

Plum marmalade is made in the same way.

Orange.

Take one dozen Seville oranges and two lemons, and cut them in thin slices, removing nothing but the seeds. To each pound of fruit, add a quart of cold water. Let them remain together for twenty-four hours. Next day boil the fruit and water gently, until the fruit is tender; set it aside again for twenty-four hours. Then weigh fruit and water together, and to each pound add a pound of sugar; boil for twenty minutes, and then pour into jars. This is an excellent recipe.

Quince.

After making quince jelly (see page 105) take the residue of the fruit which you have used, rub it through a very coarse hair sieve with a wooden spoon; to each pound of pulp add a pound of sugar, place it in a pan on the fire, and stir constantly until it jellies; then pour it into jars.

PILAF TO SERVE WITH COMPOTES.

Take half a pound of rice, and let it boil in a large quantity of water, with a little salt. While the rice is still firm, drain off the water, and pour cold water on to the rice; drain that off also, cover the

rice in the pan with a thick folded napkin, and leave it on the edge of the stove to swell. Take $\frac{1}{2}$ lb. of fresh butter, melt it gradually, take off the scum, pour it to the rice, and serve at the same time as the compôte.

In the East, these dishes often appear in the middle of dinner, and before the roast meat.

QUINCE PASTE.

Take the marmalade from the recipe for quince marmalade (see p. 106), and while it is hot pour into soup-plates; when cold take it out, and cut into small diamonds. Place these on white paper in a cool oven until dry.

QUINCES STUFFED WITH ALMONDS.

A most delicious dish (Moldavian).

Take six of the largest quinces you can find, peel them, and cut off a thick slice from the blossom end (these form the covers, after the almonds are put in), then scoop out the cores, and a considerable quantity of the pulp. Have ready $\frac{1}{4}$ lb. of sweet almonds, and ten bitter ones, beaten to a paste, with which fill the hollows of the quinces; place on the covers, and tie up separately, and tightly, in fine clear muslin. You should have prepared a quince syrup the day previously, by slicing twelve large apples and twelve quinces, with the rinds and cores; then place them in a preserving pan, cover with cold water, add six lumps of sugar, and boil until the water turns red; strain through a fine sieve; then to each pint of juice add 1 lb. of sugar, let the syrup boil once, skim it, and place in the quinces.

tied in muslin. They must boil slowly, and for a long time. When they are sufficiently cooked (which you will know by pressing them with a spoon) take them out, unwrap them carefully from the muslin, and arrange on a flat dish. Skim the syrup ; if it jellies, pour it carefully over, and around the quinces ; if it does not jelly, add $\frac{1}{2}$ lb. more sugar, and let it boil until it is the proper consistence. The syrup should not be too hot when it is placed on the quinces, as the jelly should rest on, and cover the fruit.

Large baking pears are equally good prepared in this way ; they must be coloured with cochineal.

SHERBETS.

Sherbet is a kind of paste which is made with the juice of fruit and sugar ; it must be a little thicker than pure honey.

Burnt Sugar.

Put $\frac{1}{2}$ lb. of sugar at the bottom of a preserving pan over a slow fire, and when it browns and begins to bubble, pour in gradually a pint and a half of water, add $1\frac{1}{2}$ lb. of sugar, and make the sherbet as for rose sherbet (page 109).

N.B. When conserves, jams, or jellies, begin to candy, i.e., turn to sugar, they may be made all right again by placing the jar in a saucepan of cold water, letting the water boil gently, and leaving the jar in the water, until it becomes cold.

Coffee.

Half-a-pint of strong clear coffee, half-a-pint of water, the white of an egg. Boil, strain, and add

2 lbs. of sugar, boil and beat according to directions for rose sherbet.

Chocolate.

Make a syrup with 2 lbs. of sugar, a pint and a half of water, the white of egg, and lemon juice; boil, strain, add two pieces of vanilla chocolate grated, and a spoonful of vanilla sugar; boil and beat.

Rose.

Pour half-a-pint of water over 2 lbs. of rose leaves, press them well down, and boil in a preserving pan; when cool, strain and squeeze the leaves, add to this rose-water 2 lbs. of sugar, place it on a gentle fire, until the sugar melts, add the juice of a lemon, then boil quickly until it jellies; remove to a cool place, and beat constantly with a wooden spoon until it is cold, then put into glass jars. This beating process prevents the sherbet being jelly, and produces a thick white appearance.

Strawberry.

From the smallest and inferior strawberries which you have rejected for conserve, squeeze half-a-pint of juice; add to it 2 lbs. of sugar, and the juice of a lemon; boil until it jellies, remove from the fire, and beat constantly with a wooden spoon until the sherbet is cold.

SYRUPS.

Rose.

Pour two pints of water over 2 lbs. of rose leaves; boil and strain as in preceding receipts, add the

juice of a lemon, and 2 lbs of sugar ; boil, and when the syrup begins to thicken, remove it from the fire, and when cool enough place in bottles and cork ; this syrup must be quite clear.

Strawberry.

Take equal quantities of strawberry juice and sugar, and the juice of a half or a whole lemon ; boil until the syrup thickens ; when cool, put into bottles and cork.

The three preceding receipts are equally applicable to raspberries and wild strawberries.

TO MOISTEN AND REFRESH WALNUTS.

The day before you need the walnuts for table, tie a sufficient quantity up in a coarse napkin ; let a deep hole be dug in the ground, in which bury the walnuts.

CHAPTER XII.

SALADS, SAUCES, PICKLES, VINEGARS, AND CHUTNEE.

<i>Salads :</i>	<i>Mushroom.</i>
<i>Alexandre Dumas'</i>	<i>Olive.</i>
<i>Potato Salad.</i>	<i>Robert.</i>
<i>Celery.</i>	<i>Sorrel.</i>
<i>Endive.</i>	<i>Sardine.</i>
<i>Lettuce.</i>	<i>Tarragon.</i>
<i>Pig Nut.</i>	<i>Tartar.</i>
<i>Red Cabbage.</i>	<i>Chutnee.</i>
<i>Russian.</i>	<i>Sweet, sour Tomato.</i>
<i>Tomato.</i>	<i>Pickles :</i>
<i>Sauces :</i>	<i>Indian Pickle.</i>
<i>Cucumber.</i>	<i>Lemon Pickle.</i>
<i>Caper-brown.</i>	<i>Vinegar :</i>
<i>Dutch.</i>	<i>Chili.</i>
<i>Horseradish.</i>	<i>Tarragon.</i>

SALADS.

Alexandre Dumas' Potatoe.

Boil twelve potatoes, sliced an inch thick, in salt and water; drain them, and fold them in a napkin. Beat with a wooden spoon three yolks of hard boiled eggs, add gradually quarter of a pint of Lucca oil, a little chopped parsley, three anchovies boned, skinned, and pounded, a tea-spoonful of French mustard, a spoonful of Soy, a spoonful of

minced pickled gherkins, and the whites of the three eggs minced small; add two spoonfuls of vinegar, and a little cayenne if you wish, mix all together, pour over the potatoes, and turn them several times in the mixture.

Celery.

Take three heads of celery, cut the close root part in small pieces, and chop it; the upper part cut in long shreds, wash and strain; mix a tea-spoonful of French mustard, with four spoonfuls of Lucca oil, and a little salt; then add two spoonfuls of vinegar; mix all together, pour it to the celery in a salad bowl, turn it about, and let it remain some time before serving.

Endive.

Take young endive well blanched; prepare it as directed for lettuce. Crush the hard boiled yolk of an egg with a teaspoonful of mustard, flour, and a little salt; add gradually four spoonfuls of oil, and two of vinegar; pour over the endive, mix well, and serve.

Lettuce.

Take young blanched lettuces and pull them asunder, leaf by leaf, until you get to the heart of the lettuce, break it into several pieces, throw all into cold water, change the water and wash the lettuce thoroughly; lay a coarse napkin over a sieve, and on the napkin the lettuce. Do not touch it with a knife, and take care that it is not bruised in any way.

A few minutes before the salad is wanted, mix a little salt, with four spoonfuls of Lucca oil, stir it with the lettuce in the salad bowl, then add two spoonfuls of tarragon vinegar, turn over and mix very lightly, until the whole of the liquid is mixed in. The perfection of this salad is its fresh crispness. Abroad, some kind of salad is always served with the roast meat, and the dressing of it is usually in this simple way.

Pig Nut, or Earth Nut.

This excellent little nut is much used in Turkey ; it is cooked with lamb, and forms an excellent dish.

In March and April these nuts are in perfection, and should be served with their young shoots of leaves. Scrape each nut until it is white, and throw into water ; when you have sufficient for a salad, dry them in a napkin. Mix a little salt with four spoonfuls of Lucca oil, stir it well amongst the nuts, then add and mix, with two spoonfuls of tarragon vinegar.

Red Cabbage.

Slice red cabbage very thin, sprinkle it with salt, and leave it to drain two or three hours ; rub the salad bowl with a blade of garlic, put in the red cabbage, and mix with equal parts of oil and vinegar.

Almost every kind of cold cooked vegetable may be dressed as salad : such as haricots, beet-root, French beans, and asparagus.

Only the very best Lucca oil should be used in

salad, as well as for every other branch of food where it is called for.

Russian.

Cut to the same size and shape, a variety of vegetables, boiled for a short time in salted water and drained; they must not be soft. Use potatoes, carrots, celery, beet-root, white haricots; take two spoonfuls of each, a spoonful of capers, a spoonful of stoned olives, a spoonful of minced pickled gherkins, four anchovies skinned, boned, and beaten, a tea-spoonful of chopped fennel, a tea-spoonful of chopped Tarragon. Take the raw yolks of two eggs, stir into them very gradually, half-a-pint of Lucca oil and a little salt, then mix in slowly a quarter of a pint of tarragon vinegar. Pour over the prepared vegetables, incorporate all thoroughly, place in a salad bowl, and ornament with hard boiled eggs cut in four, and pieces of caviare.

Tomato.

Rub the bottom of the salad bowl with a piece of garlic, slice in twelve large tomatoes, and add salt (of which they require a great deal); cover them, and let them lie an hour, then mix in half-pint of salad oil, and quarter-pint of vinegar.

SAUCES.

Cucumber.

Peel, and take the seeds from two large cucumbers, cut them in dice, sprinkle them with salt, and leave them, with a blade of garlic in the middle, for half-an-hour; drain them, remove the garlic, and

add the cucumbers to a good thick brown sauce; serve hot.

Brown Caper.

Brown a spoonful of flour, with two ounces of butter; add half-pint of bouillon, a spoonful of Chili vinegar, and two spoonfuls of capers; boil, and serve hot.

Dutch.

Melt very gently a $\frac{1}{4}$ lb. of fresh butter, skim it, and free it from the sediment; add a little salt and the juice of a lemon, beat it for some time with a fork, and serve warm.

Fennel

Is made the same as tarragon sauce, with the addition of two beaten yolks of eggs. Serve hot.

Horseradish.

Take a spoonful of grated horse radish, a tea-spoonful of mustard flour, a quarter of a tea-spoonful of sugar, and of salt, and a spoonful of Chili vinegar; mix them all well together, and then with half-a-pint of sweet cream. Serve cold.

Mushroom.

Take one pint of mushrooms, peel them and chop them fine; then fry in an ounce of butter, cover close, and let them stew; add a spoonful of lemon pickle, a little salt, and half a pint of sweet cream, thicken with half a spoonful of flour, boil, and serve hot.

Olive.

Take twelve large green olives, stone and chop them, and proceed as for caper sauce. No salt must be added. Serve hot.

Robert.

Cut small four onions, and fry them in a saucepan with two ounces of butter; add half a spoonful of flour, and a little salt; when the onions are tender, stir in half-pint of bouillon; let all boil; take the saucepan off the fire, and mix a spoonful of French mustard in the sauce. Serve hot.

Sorrel.

Take two handfuls of fresh sorrel leaves, wash them in salt and water, chop them fine. Make a sauce with one ounce of butter, one spoonful of flour, and half-a-pint of milk; when it boils, stir in the chopped sorrel, let it boil again, and serve.

Sardine.

Free four sardines from skin and bone, chop them small, add a little minced parsley, and lemon peel; brown a spoonful of flour in a saucepan with two spoonfuls of Lucca oil, add half-pint of bouillon, a spoonful of lemon pickle, the sardines, &c.; boil, and serve hot.

Tarragon

Is made in the same way as sorrel, only that much less tarragon is used, and a spoonful of lemon pickle is added. Serve hot.

Tartar.

Chop very finely a spoonful of tarragon, a spoonful of parsley, two shallots ; add a tea-spoonful of French mustard, two beaten yolks of eggs, a spoonful of Chili vinegar, and a little salt, gradually to a quarter of a pint of Lucca oil. Serve cold.

CHUTNEE.

Sweet, sour Tomato.

Take 24 ripe tomatoes, 12 large apples, 16 capsicums, 2 heads of garlic, 1 lb. of sultana raisins, a piece of ginger cut small, 4 ozs. mustard seed $\frac{1}{2}$ lb. sugar, and one pint of vinegar. Peel and slice the tomatoes, put them on the fire to stew, remove the seeds, chop the apples, give them one boil in the vinegar, pound the garlic, add all the rest of the ingredients to the vinegar and apples, stew gently for three-quarters of an hour, then put into small glass jars with lids.

PICKLES.

Indian.

Lay 1 lb. of garlic, and 1 lb. of whole ginger, in strong salt and water for twenty-four hours ; take them out, and dry them in the sun ; then boil with 20 chilis, 4 ozs. peppercorns, 2 ozs. long pepper, and a gallon of vinegar. Mix with a little cold vinegar, $\frac{1}{2}$ lb. of turmeric, and $\frac{1}{2}$ lb. of flour of mustard ; add this to the rest ; put all in a large stone jar or wooden tub, and cover close. This preparation is ready for any kind of vegetable, which is suitable for pickles to be added to it. French beans, young peas in the pod, radish pods, and gherkins

should all be salted for twenty-four hours, drained, wiped with a napkin, placed in the sun, and then put to the vinegar. Young onions, also carrots, celery, and potatoes, should be cut in thick slices, boiled five minutes in salt and water, and then dried. White cabbage may be added, cut small, salted, drained, and dried; but red cabbage and beet root must be excluded.

Lemon.

Take twenty-four lemons, grate off the rinds, cut them down to the blossom part four times, so that they may be in eight parts, but unseparated; rub over them inside and out $\frac{1}{2}$ lb. of salt. Lay a coarse old napkin, or thick white paper on a baking-sheet; place the lemons on that, and put them in a cool oven until the juice is dried up in them. Tie loosely in a muslin 4 ozs. of mustard seed, 4 ozs. of garlic, 1 oz. mace, $\frac{1}{2}$ oz. of cloves, 1 oz. nutmeg broken, and 20 dry chilis. Boil this in a gallon of white vinegar; place the lemons in a large stone jar, and put the boiling vinegar and the bag of spices to them; cover close; keep either by the fire, or in a hot sun for a fortnight; shake the jar daily; set aside for three months, then strain, and put into small bottles.

VINEGARS.

Chili.

Put twelve dried chilis, and a blade of garlic, into a wine-bottle full of vinegar; place the bottle in the sun, shake it, and withdraw the cork occasionally. In a fortnight it is fit for use.

Tarragon.

This receipt was given to me by an Eastern *diplomat*, celebrated for his love of piquant delicacies:—6 quarts of white vinegar, 3 ozs. elder flowers, 1½ oz. of balm, or mint, 3 ozs. small onions, 3 ozs. of shallots, ½ oz. garlic, 1½ oz. salt, 20 cloves pounded, a teaspoonfuls of cayenne, 1 lemon cut in four, 1 large bunch of tarragon. Place all in a large glass bottle let it stand in the sun, shake and uncork it occasionally. At the end of three months filter it, and put into small bottles for use.

CHAPTER XIII.

LIQUEURS AND SUMMER DRINKS.

Liqueurs :—

Aniseed.
Curacao.
Cassis.
Cherry.
Cherries in brandy.
Ponche à la Romuine.
Raspberry Liqueur.

Summer Drinks :—

Claret Cup.
Champagne Cup.
Egg Cup.
Orgeat Cup.
Pine Apple Cup.
Raspberry Cup.
Tea Cup.

LIQUEURS.

Aniseed.

Take one ounce of aniseed, half ounce of coriander seed, and a small piece of cinnamon, put it into a quart bottle, and pour over it one pint of brandy. Cork it, and place it in the sun. Shake it every day for a month; then filter it, and mix with syrup made thus:— $\frac{1}{2}$ lb. sugar, one pint of water, the juice of a lemon, and the white and shell of an egg beaten. When the syrup boils, skim and strain it, and mix it with the aniseed brandy. Put in small bottles, and cork well.

Curaçoa.

Take the rind of two Seville oranges peeled very thin, and cut in shreds an inch of vanilla pod, six cloves, and a small piece of cinnamon, put into a

quart bottle, pour one pint of brandy over, add syrup, and finish as in the preceding receipt.

Cassis.

Half fill a quart bottle with black currants crushed, put in three currant leaves, pour one pint of brandy over, cork the bottle, and place it in the sun. At the end of a month strain it, and add a pint of prepared syrup as in first recipe.

Cherry Brandy.

Make a jam with 3 lbs. of black-heart cherries and 3 lbs. of sugar; boil half-pint of black currant juice with $\frac{1}{2}$ lb. sugar; add to these when cool, a cup full of apricot or peach kernels (blanched), 4 lbs. of whole Morella cherries, and a gallon of brandy; put all in one large bottle, cork it, and shake occasionally.

A MORE SIMPLE KIND.—Half fill a bottle with Morella, or wild bitters cherries, put in half the weight of the cherries of pounded loaf sugar, and fill up the bottle with brandy; cork, and place in the sun for a month, shaking it occasionally. It ought to be kept in this way a year before using it. British brandy does very well for this receipt.

Ponche à la Romaine.

Boil 1 lb. sugar with a pint and a half of water, and the strained juice of ten lemons; strain it and let it cool; beat to a solid froth four whites of eggs, mix with them half bottle of pin-apple rum; then mix in the syrup and freeze. This punch is usually served in glasses, in the middle of a dinner of ceremony.

Raspberry Brandy.

Half fill a bottle with very ripe raspberries, put in twenty peach or apricot kernels (blanched), or bitter almonds; proceed as in the foregoing receipt, for simple cherry brandy.

Noyau.

Blanche and bruise fifty peach, or apricot kernels, put them in a bottle with a small piece of cinnamon, a wineglassful of orange flower water, and a pint of brandy; place the bottle in the sun, uncork it, and shake it occasionally. At the end of a week set it aside in a cool place; it must remain thus for two or three months, then strain it, and add to it a pint of syrup, as in the first receipt.

CLARET CUP.

Take the green rind of half a large cucumber, rub some lumps of sugar on a lemon rind, melt $\frac{1}{2}$ lb. sugar in a small quantity of water, add a tablespoonful of brandy, and a bottle of claret; well mix, put all in a large glass jug and ice it; when it is thoroughly cold, pour in a bottle of geshubler, or seltzer water, and serve immediately in the jug.

CHAMPAGNE CUP.

Make a syrup with $\frac{1}{2}$ lb. of sugar, and one pint of water; let it cool, freeze it a little, pour in a bottle of iced champagne, and twenty large strawberries. Serve immediately.

EGG CUP.

Beat the white of an egg to a strong froth, melt $\frac{1}{2}$ lb. of sugar in a pint of water, add a glass of

curaçoa, and $\frac{1}{2}$ pint of sherry ; mix this well with the white of an egg ; cool with ice, and serve.

ORGEAT CUP.

Mix $\frac{1}{2}$ pint of orgeat with one pint of water, freeze it, and mix with one bottle of iced champagne.

PIÑE APPLE CUP.

Take a tin of preserved pine-apple, drain the fruit, and chop it in very small pieces. Make a syrup with the juice of two lemons, $\frac{1}{2}$ lb. of sugar to one quart of water, and the pine-apple syrup ; add the chopped fruit, two wineglassfuls of brandy, and one of curaçoa ; cool in ice, and serve.

RASPBERRY CUP.

Melt $\frac{1}{2}$ lb. of sugar, in a small quantity of water, squeeze in the juice of two lemons, add $\frac{1}{2}$ pint of raspberry brandy and two bottles of seltzer water, place in a jug, in ice, until very cold.

TEA CUP.

Make one quart of weak tea, pour it off clear, let it cool, sweeten it, slice two lemons very thin, add them, and last of all put in a tumbler of brandy. Mix well in a large glass jug, and put in ice until cold ; but it must not be frozen.

I wonder that glass jugs, such as are common in Vienna, are not introduced into England. There is a kind of glass cylinder in the middle, for ice ; and water, or other liquid is placed in the outer circle, and brought to table in this way. They are ornamental, inexpensive, and most convenient ; though somewhat large and heavy.

CHAPTER XIV.—TOILET RECEIPTS.

Cold Cream.
Hair Wash.

Tooth Powder.
Rose Vinegar.

COLD CREAM.

Take 1 oz. of spermaceti, cut it in very small pieces; mix it in a basin with 1 oz. of oil of sweet almonds, 1 oz. of oil of bitter almonds, and a piece of white wax the size of a hazel nut. Place the basin on a stove, and melt very gradually; keep stirring it all the time, with a wooden skewer. When quite melted, place the basin in one of cold water, and continue stirring the cream until it is set; then wash it in three separate waters, pour rose water over it, and let it remain all night. Next day, squeeze it from the rose water, and put it into pots.

HAIR WASH.

Put 1 oz. of tincture of Cantharides, $\frac{1}{2}$ pint of Eau de Cologne, and one pint of water in a bottle; shake it well, and use two or three times a week. Label the bottle—*Poison*.

TOOTH POWDER.

Take two drachms of prepared chalk, two drachms of Orris root, 1 oz. of powdered cassia, 1 oz. of

powdered pumice stone. Mix, and sift through a fine sieve, then put in boxes for use.

ROSE VINEGAR.

Fill a bottle quite full of red rose leaves, pour white wine vinegar over, cork the bottle, and set it in the sun. At the end of three months, filter it.

APPENDIX.

ON NURSING.

I do not wish to open the vexed question as to whether women should, or should not, take up the profession of medicine; I only desire to express my opinion, that *every woman* should have a general idea of the conformation of the human body.

She should know the position, and course of the main arteries, and nerves; the relative position of the principal organs, *viz.*, the heart, lungs, liver, stomach, kidneys, &c.

She should also know how to examine the mouth and throat, and to judge if the tonsils, and the throat itself, are in a normal state.

She should be able to count a pulse, and to mark the respiration, more especially with reference to their *relative frequency*.

N.B.—The normal ratio is one to four, but often changes from one to three, or even from one to two, when there is great mischief going on in the chest.

This elementary knowledge should be given by every mother to her daughters, so that when a daughter, in her turn, becomes the responsible head of a separate establishment, she may be equal to household emergencies.

In these days of travel and emigration, it may fall to the lot of many not to have a doctor within ready call—a man might even bleed to death, for want of a simple pressure being applied to a wound,

or artery leading to it. A child might die of croup for the simple need of an emetic, or the prompt administration of other suitable remedies.

I will presume, then, that these things are understood, and will venture to give some hints on the noble art of nursing, and the management of a sick room, gathered from one who has had practical experience.

If an illness is likely to be a long one, the patient should be placed in a large airy room, without a carpet; but strips of carpet should be laid near the bed, the door, or other places, to drown the footfall. The bed should consist of a horsehair mattress, on the top of a woollen one; the pillows should also be of horsehair. A convenient sofa should be ready to place the patient on, while the bed is being made and changed.

If an invalid be too weak to walk, the easiest way to move him on to the sofa, is for four persons to take the corners of the lower sheet, gently, and together raise the invalid, and in this way deposit him on the sofa.

The fire is an important item; it must never go out, a cinder must not fall, at the risk of awaking or startling the patient; no noise must be made in putting on coal. A coal box must be brought into the room, with pieces of coal selected of a suitable size, then by holding a piece of paper in the fingers, the coal must be laid quietly on, piece by piece, when wanted.

A thermometer is an essential in every room; doubly so in the nursery, and in a sick chamber. In the latter, an equable temperature of 66° should be always maintained.

The room must be swept deftly and noiselessly. It is well to keep all the coffee grounds that have been used each day, and dry them a little in the oven, then place them in a jar, and with the hand throw two or three handfuls about the room, then with a soft hair-broom let the room be swept. This is an excellent plan, for the coffee is scattered, and shews if every part has not been gone over by the brush.

Do not keep the room too dark—light is life, and if the patient can bear it, it is better to admit even sunshine.

And now we come to ventilation. In all weathers, in all climates, this may be carried out, even if a patient be suffering from lung disease. In such a case, you would be more careful, and would not in winter let in cold air directly from a window in the room, but you would open a staircase window, get the air outside the bedroom door thoroughly pure, and then covering up the patient, and throwing a thick veil quite over the face and head, you would open the door, and so ventilate by the fire-draught.

N.B.—A bed must never be placed between the fireplace and the door, so as to be exposed to the current of air caused by the opening of the latter. No perfume should be allowed in a sick room, except Eau de Cologne, with which the sheets and pillows may be sprinkled freely, if it be agreeable to the patient.

Medicines should be kept out of the sight of the patient, and on a noiseless tablecloth—the tinkling of the glass and spoon should never be heard.

Medicines for external use should be in coloured rough bottles, and kept in a closet apart.

We now come to the nurse. Those who live in

London, or other large towns, may secure the services of trained nurses ; but it may be that these are not within reach; or that a mother, or sister, may wish to give the loving, tender care herself. The essentials are, quiet movements, cheerfulness, courage, and self-reliance. In infectious cases, if you have any fear, don't undertake the nursing ; but if you have no fear, and take proper precautions, you run but little risk. I know a lady who, during the Russo-Turkish war, tended the typhus wards herself ; for three weeks the poor Turkish prisoners only took their medicines and food from her hands —no one but she could make them drink the brandy and milk, or wine, ordered by the physician ; it was against their religion, and they spat it out. In one of these wards was a case of black typhus, but the man got well. With her gloved hands, this lady raised the poor turbaned heads, gave the patients their quinine, their soup, covered them up while she ventilated their rooms (the thermometer being some degrees below zero in the outward air,) saw to their stoves ; saw them washed, their linen changed, the soiled linen placed in disinfecting tubs ; sprinkled around their beds the disinfecting powder which had been thoughtfully sent by kind English friends—all this she did, but she had no fear. When remonstrated with, she said, "I am not afraid—others are." That queen of nurses, Florence Nightingale, had wished this lady "God speed" when she began her nursing work. None of us know what may be our lot, or what we may be called upon to do, therefore I say that scientific nursing, as well as cooking, ought to be a part of every woman's education.

We come now to food for invalids. The *bain marie* is quite the best way of preparing nourishment for the weak ; it is simply one stew-pan placed within another, the outer one being filled with water. It is very easy to substitute for this, a well-glazed jar, tied down with thick paper, and placed in an ordinary saucepan containing water.

Here is a receipt for

CHICKEN TEA.

Take the leg of a chicken, cut it in four or five pieces, place it in a jar ; tie the jar well down, place the jar in a saucepan of water, and keep the water constantly boiling. In three hours you will have a few spoonfuls of essence of chicken, even a tea-spoonful of which is very sustaining. More may be made at once, using half a fowl, or a whole one ; but it is better to make it fresh, daily. The chicken should not be too young, but should be recently killed.

BEEF TEA

Is sometimes made with cold water, and chopped beef infused a certain time in it. Its appearance is not nice, and it is usually repugnant to the patient. I prefer the following :—

Take 1 lb. of beef, free from fat or sinew, chop it as fine as sausage meat, place it in a jar, pour in a pint of water, and cook it in the *bain marie*. When ready, put in a little salt. If wanted in a hurry, take the same quantity of meat, put only a cup of cold water, let it come very quickly to boil in a saucepan ; skim it, strain it, and add a little salt.

You can put more water to the beef, and let it stew gradually.

VEAL TEA

Is made in the same way as beef tea. A thick cutlet is best for this.

EGGS.

Egg-flip is often ordered by doctors, and should be made thus:—The yolk of a fresh egg beaten, a teaspoonful of pounded sugar, a wineglassful of hot water, and last, two teaspoonfuls of brandy.

Eggs should be poached, when the patient can take them cooked.

MILK,

should not be boiled; only slightly warmed. It may be mixed with the beaten yolk of an egg. It may be given with two teaspoonfuls of brandy to a cup of milk.

If milk be taken alone, either warm or cold, always add a few grains of carbonate of soda; the taste of the milk is unchanged, but the milk is more readily digested. Lime water should be mixed with equal parts of unboiled milk, in stomach affections, and for weakly children.

TEA

Is refreshing, but is only indirectly nourishing. The Russian way of preparing tea is very acceptable to feverish invalids. A cup of weak tea is made,

sweetened, and has two slices of lemon added, with, or without a teaspoonful of cognac.

COFFEE

Is not generally prescribed, but there may be cases when it is called for. Let it be made in a small "Ashe's Coffee Kann," and put as much boiling milk, as coffee.

CHOCOLATE

Is grateful when patients are getting better, and is very nourishing. It should be dissolved in a little boiling water, cold milk should then be poured to it, it should be brought to the boiling point, and frothed.

COCOA.

Roughly pounded cocoa nibs should be boiled a long time, strained, and taken with equal parts of milk.

WATER

Should be always boiled, and left to grow cold again, in pure air.

LEMONADE

Is best made as wanted, a glassful at a time. In a tumbler of water put two lumps of sugar, and a shred of thinly-peeled lemon rind. Cut a lemon in half, squeeze the juice into a cup, pass the juice through a muslin, and put it in the glass.

LADY BULWER'S RECEIPT FOR BARLEY WATER.

“Take a tablespoonful of pearl barley, wash it in twelve different waters, put it into a jug; wash, and dry a lemon, rub four lumps of sugar on the rind, put the sugar into the jug, peel the rind very thinly, and add it; pour a pint of boiling water over the whole. Cover it close, keep at a gentle heat, and in half-an-hour the barley water is ready for drinking.”

ORGEAT

Is a very agreeable drink; it is also somewhat nourishing. I give the receipt for making it, of which take a teaspoonful and mix gradually in a tumbler of water. It is much liked by children.

Take $\frac{1}{4}$ lb. of sweet almonds, and 1 oz. of bitter ones; blanch them, and beat them in a mortar until they become a very smooth paste, then add a tablespoonful of orange flower water. Make a thin syrup by boiling $\frac{1}{2}$ lb. of sugar with one pint of water. Mix it gradually, while hot, with the pounded almonds, then strain through a coarse muslin, and twist the muslin tightly, so as to press out the almonds. Put into a bottle, cork it, and keep in a cool place.

READING ALOUD

Should come before every accomplishment, and be the first essential in a girl's education. An interesting story, read in a soft, modulated voice, is a source of much enjoyment to an invalid.

It will often produce repose of mind, and sleep ; the reading should be continued some time after apparent sleep has set in, and then gradually the voice lowered, and allowed to cease.

To children sick and in pain, having a story read to them, or better still, a fairy tale recounted, is an immense source of pleasure.

I must draw my chapter to a close, by urging women to visit nursing establishments and women's hospitals, to study well, and take earnest, active interest in all hospitals for children.

THE END.

